

Pain Education - Further reading/ videos/ advice.

www.retrainpain.org

- Pain education, Mind& Goals, Sleep & Pain, Medications, Relationships

Pain Educational Videos

<https://www.youtube.com/watch?v=aUalnS6HIGo>

- 23 ½ Hours: What's the single best thing we can do for our health?

<https://www.youtube.com/watch?v=cLWntMDgFcs>

- Understanding pain and what to do about it in less than 5 minutes

<https://www.youtube.com/watch?v=ikUzvSph7Z4>

- Tame the Beast

<https://www.youtube.com/watch?v=l7wfDenj6CQ>

- How does your brain respond to pain?

<https://www.youtube.com/watch?v=-3NmTE-fJSo>

- Pain: Is it all just in your mind? Prof L Moseley

Podcast

<https://soundcloud.com/bmjpodcasts/am-i-safe-to-move-professor-lorimer-moseley-new-understanding-of-pain-and-focusing-on-the-patient>

Pain related information

<http://knowpain.co.uk/wp-content/uploads/2014/05/TazzyPersistentPainBooklet.pdf>