Understand your pain

20 resources to help you understand pain & manage it so you can thrive after injury

www.recoverfrominjury.com
The NSW ACI (Agency for Clinical Innovation) Chronic Pain website provides a great introduction to chronic pain and strategies for dealing with it.
Easing musculoskeletal pain is produced by painHEALTH, an initiative of Western Australia Government Department of Health. “Clinically supported information, tips, support and personal stories to help manage musculoskeletal pain. Including a range of self-assessment tools. Including an assessment for nerve (neuropathic) pain.”
The Australian Pain Society has a number of pain resources available on their website.
International Association for the Study of Pain, have designated 2017 as their Global Year Against Pain After Surgery. They’ve provided a range of resources prepared by pain professionals covering various aspects of postsurgical pain. They also support an open access journal called PAIN Reports.

They have 14 fact sheets about pain after surgery and these are our favourites:

- Fact sheet 1: What the Public Should know About Pain After Surgery
- Fact sheet 3: Pathophysiology of Acute Postoperative Pain
- Fact sheet 4: Chronic Postsurgical Pain: Definition, Impact and Definition
- Fact Sheet 5: Management of Postsurgical Pain in Adults: Pharmacotherapy and Regional Anaesthesia
- Fact Sheet 6: Behavioural Techniques including Hypnosis for Pain After Surgery
Understand your pain resource kit

The Neuropathic Pain Library is a collection of focused resources produced by painACTION.

This site was developed by Inflexxion® Inc. with three grants from the USA’s National Institutes of Health.
Understand your pain

Five must-absorb podcasts/videos

Why do we hurt? Lorimer Moseley at TEDxAdelaide, Nov 21, 2011. Do we actually experience pain, or is it merely illusion?

In this video, Lorimer Moseley explores these questions, and position the pain that we feel as our bodies' way of protecting us from damaging tissues further. He also looks at what this might mean for those who suffer from chronic pain.
Pain, Is it all in your mind?, Silje Endersen Reme at TEDxNHH, 22 Nov 2012.

Silje Endresen Reme talks about the common phenomenon of back pain; why some people develop chronic pain and disability while others don't, and what psychology has to do with it.

Silje has a PhD. from Uni Health, Uni Research, Bergen & Harvard School of Public Health, Boston.
How mindfulness meditation redefines pain, happiness & satisfaction, Dr. Kasim Al-Mashat at TEDxSFU, 24 Nov 2014.

Kasim is a psychologist who teaches and presents on the use of mindfulness for creating healing, transformation, and peace. He is passionate about enhancing people’s sense of joy, authenticity, and presence.

Kasim also teaches and speaks about the use of laughter and laughter yoga for improving wellness.
Understand your pain

Pain on Ask The Doctor, Series 1 Episode 5, ABC TV (Australia), 13 Jun 2017.

In this episode the team aim to discover why pain is one of the most common reasons we visit the doctor and see how recent research is shaking up our understanding of how it works.

#AskTheDoctor (Available until 8:31pm on 2 Sep 2020. File size 132 MB.)
Understand your pain

Want more? Check out these other 10 recommended websites and news articles

- **Relief: Pain research news, insights and ideas** is a website set up for consumers by the US Pain Research Forum. The Pain Research Forum is based at the Harvard NeuroDiscovery Center at Harvard Medical School.

- **Cochrane** is a global independent network of researchers, professionals, patients, carers, and people interested in health. There are more than 37,000 contributors from more than 130 countries who work together to produce credible, accessible health information that is free from commercial sponsorship and other conflicts of interest. Many of the contributors are world leaders in their fields: medicine, health policy, research methodology, or consumer advocacy.

- **Chronic Pain Explained** by NPS MedicineWise. NPS MedicineWise is an independent, not-for-profit and evidence-based organisation that works to improve the way health technologies, medicines and medical tests are prescribed and used.

- **Injury Recovery & Exercise** by Exercise and Sports Science Australia (ESSA). This website provides some simple exercises and adaptations to common exercises for some of the most frequent injuries. Exercise & Sports Science Australia (ESSA), formerly known as the Australian Association for Exercise and Sports Science (AAESS), was founded in 1991. It is a professional organisation that aims to establish, promote and defend the career paths of tertiary trained exercise and sports science practitioners.
- Pain Australia provides a range of resources explaining pain and provides links to services and products.

- Chronic Pain Causes and Solutions (slideshow) from WebMD, an independent media service designed to provide news, information, and educational material to consumers and physicians. News content created by WebMD is free from influence by sponsors, partners, or other sources.

- Pain relief, 2016. This Australian TV show showcases an exercise program that has been shown to offer pain relief.

- Pain Talks on Medium is a collection of stories of resilience, support and the resources to fill in the blanks on the subject of hurting and health care. It aims to “change our narrative about Pain—what it is, what it means and how to treat it better.”

- Chronic pain an enduring agony by Sean Parnell in The Australian newspaper, 29 July 2016.

- Can the way we move after injury lead to chronic pain? by Siobhan Schabrun in The Conversation, November 25, 2016.

---

**Recover better...**

Get more tips and support to recover and thrive after injury and find out about the free online Facebook group to connect with others going through injury recovery.

Learn more