

Useful Pain Resources for Patients and Health Care Professionals

Chronic Pain Explained

Explain Pain by David Butler and Lorimer Moseley. NOI Group Australia, 2003. www.noigroup.com

Understanding Pain in < 5 minutes: <http://www.youtube.com/watch?v=4b8oB757DKc>

Psychological Pain Management Techniques:

Managing Pain Before It Manages You by Margaret Caudhill. Guilford Publications, 2002.

The Happiness Trap (ACT) by Dr. Russ Harris. Exisle Publishing, 2007

Online relaxation exercises: www.allaboutdepression.com/relax

Mindfulness Meditation for Chronic Pain: www.neuronovacentre.com

Sleep Problems:

60-Second Sleep Ease by S.R. Currie & K.G. Wilson. (2002) New Horizon, Far Hills N.J.

Fibromyalgia

Fibromyalgia & Chronic Myofascial Pain - A Survival Manual, 2nd Edition. by Devin Starlanyl and Mary Ellen Copeland. New Harbinger Publications Inc. Oakland California, 2001

FibroGuide: <http://fibroguide.med.umich.edu>

Other Self-Help Resources:

Pain Awareness / Support / Advocacy : www.canadianpaincoalition.ca

Exercise for Health: <http://parc.ophea.net/walkthisway>

23 ½ Hours: <http://www.youtube.com/watch?v=aUaInS6HIGo> &feature=g-all&context=G13f5

Pain BC Pain Toolbox: www.painbc.ca/support-and-education

Chronic Pain Self-Management Toolkit: www.pipain.com

Back Pain Information: www.backcarecanada.ca/

Get Back at It Video: <http://www.youtube.com/watch?v=lkPv72O9ums>

Gentle Chair Yoga: <https://www.youtube.com/watch?v=KEjiXtb2hRg>

Life is Now Paincare: <http://www.lifeisnow.ca>

Superbetter – Increasing life resilience with a game app: www.superbetter.com

Tai Chi – find a class near you – www.taoist.org