

## Patient Resources: Persistent Pain

Pain, is it all in your head?

<https://puresportsmed.com/blog/posts/pain-is-it-all-in-your-head>

Persistent Pain Turning the Volume Down on Pain information leaflet (Body Logic)

<https://www.dropbox.com/s/r9ety3iffx92sje/PersistentPainBooklet.pdf?dl=0>

Understanding pain: What to do about it in less than 5 minutes (Australian animation)

[https://www.youtube.com/watch?v=C\\_3phB93rvI](https://www.youtube.com/watch?v=C_3phB93rvI)

Pain Recorder:

Pain App which helps patient to record how medication is helping their condition and any side effects (Keele University)

<https://www.keele.ac.uk/kpr/>

Live well with pain:

Resources for living well despite pain (Live Well With Pain)

<https://livewellwithpain.co.uk/>

Retrain pain:

A website that uses 1-minute videos to help explain chronic pain and the rationale for self-management (Retrain Pain Foundation)

<https://www.retrainpain.org/>

Moseley – why things hurt for patients

<https://www.youtube.com/watch?v=gwd-wLdIHjs>

Explanation of core stability Peter O'Sullivan

[https://www.youtube.com/watch?v=YezBG\\_NdLgs&t=1s](https://www.youtube.com/watch?v=YezBG_NdLgs&t=1s)

The Target Concepts of the Pain Revolution

<https://noijamdotcom.files.wordpress.com/2018/05/pain-rev-bifold-page-2.jpg>

Persistent pain explained and what to do

<https://www.physiofastonline.co.uk/pain--persistent.html>