

Introduction

The information you are about to read was written to assist your health care provider in educating you about pain science and pain management.

Much of the information presented here draws from knowledge I have gained from Lorimer Moseley and David Butler. These two physiotherapists and educators have provided many original concepts about pain neurophysiology in their excellent book *Explain Pain*. A number of their ideas are paraphrased here, including the powerful therapeutic question, “Is this really dangerous?”, and the concept of discussing input from the ‘pain alarm system’ as danger signals. Reading their *Explain Pain* book will provide you with greater depth of knowledge than provided here.

I like to take every opportunity I can to thank Lorimer Moseley for concepts and anecdotes I have learned from him during numerous lectures in Vancouver. Many of these are presented in his book, *Painful Yarns*. The turning point for many of my clients has come from understanding how pain is like vision, and how pain is like thirst. If you are having difficulty understanding how these concepts are relevant to your recovery, please discuss them with your health care provider. This is critical as you move forward with practicing pain self-management techniques.

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Please read one section at a time. Then discuss the information with your health care provider. Do not expect that you will understand it the first time. At the same time, know that knowledge produces powerful changes in your nervous system. Understanding pain neurophysiology is linked with less pain, improved movement, and decreased perception of disability. As difficult as this might be to believe, there are numerous recent studies with people with chronic pain proving this. You don't need to stop learning after reading these ten sections. Explain Pain, Painful Yarns and books such as "The Brain that Changes Itself" by N. Doidge, are all valuable in guiding you in your recovery.

I would be entirely remiss if I did not acknowledge the invaluable lessons I learned from the patients and health care practitioners at OrionHealth Vancouver. This center offered me the chance to practice pain management education, and refine many techniques I learned from the work of Lorimer Moseley and David Butler.

My biggest thanks goes to those people with pain who continue to confirm and disprove our 'knowledge' gained from scientific research. The science of one is as important as gold standard research. I have learned the most from people who come to me for help.

...life is now...

