

Recommended Websites for Understanding Pain

Tame the Beast - Lorimer Moseley and David Moen
<https://www.tamethebeast.org/>

Why Things Hurt - Lorimer Moseley
<https://www.youtube.com/watch?v=1ylbrkstYtU>

Treating Pain Using the Brain - David Butler
<https://www.youtube.com/watch?v=4ABAS3tkkuE>

The Mystery of Chronic Pain - Elliot Krane
<https://www.youtube.com/watch?v=J6--CMhcCfQ>

Understanding Pain in less than 5 minutes, and what to do about it - Live Active
https://www.youtube.com/watch?v=C_3phB93rvI

Tired of waiting for pain to go away? Learn a science based approach to overcome chronic pain - Retrain Pain Foundation
<https://www.retrainpain.org>

Life is Now Pain Care - Neil Pearson
<https://www.lifeisnow.ca>

A series of short videos (2 mins each) explaining pain science.
www.retrainpain.org

Pain Explained by Central London Community Healthcare Trust.
https://www.youtube.com/watch?v=B14_2TS7RHM Animated. 6 minutes

The Drug Cabinet in the brain. How to stimulate the release of your own natural painkillers.
<https://www.youtube.com/watch?v=Gd2NaGZa7M4>