



My Pain Management Tool Kit

The following resources can help you to better understand pain and how to manage it

Websites:

- ☐ Tips, support, and personal stories: <https://painhealth.csse.uwa.edu.au>
- ☐ Learn to retrain your pain system using this video and resource:
<https://www.tamethebeast.org/>
- ☐ Introduction to nervous system (English only)
<http://www.aci.health.nsw.gov.au/chronic-pain/for-everyone/introduction-to-pain>
- ☐ Introduction to nervous system (many languages): <https://www.retrainpain.org/>
- ☐ An evidence-based blog by leaders in the field: <http://www.pain-ed.com/public/>

- ☐ Specific information on back pain (with lots of patient stories):
<https://www.painaustralia.org.au/about-pain/forms-of-pain/back-pain>
<https://mybackpain.org.au/treatments/low-back-pain-treatments>
- ☐ Great free evidence-based course for Osteoarthritis: <https://www.oaoptimism.com/>

- ☐ Concerns about medications: SafeScript: <https://www2.health.vic.gov.au/public-health/drugs-and-poisons/safescript/consumers-and-families>
- ☐ Better health channel: www.betterhealth.vic.gov.au
- ☐ National Prescriber service: www.nps.org.au
- ☐ Information on combining alcohol and medications:
<https://adf.org.au/insights/preventing-harm-aod-covid-19/>

- ☐ Mental Health and Suicide prevention:
<https://www.lifeline.org.au>
<https://covid19.thiswayup.org.au>
<https://coronavirus.beyondblue.org.au>
<https://www.blackdoginstitute.org.au>
Australian Men's Health Forum: <https://www.amhf.org.au>

- ☐ Online courses for pain and mental health:
<https://thiswayup.org.au>
<https://ecentreclinic.org/?q=OurCourses>
<https://mindspot.org.au/pain-course> (MindSpot offer several courses. Their pain course is 5 lessons over an 8-week period)

Patient Advocate websites:

- ☐ 'Chronic Pain Australia'
- ☐ 'My Cuppa Jo: Website of patient advocate, educator and speaker Joletta Belton'
<https://www.mycuppaio.com/>
- ☐ 'Pain Toolkit': Website by patient advocate and pain patient Pete Moore. Includes workbook and workshops: paintoolkit.org

Phone Apps:

- ☐ "Curable" This is a paid app but comes highly recommended by those that have used it.
<https://www.curablehealth.com/clara>

Podcasts:

- ☐ "Tell me about your pain" – Discussions with people living with pain. From the guys who bring you the 'Curable' app: <https://www.curablehealth.com/podcast/your-pain>
- ☐ "Aches and Gains" – American pain physician, Dr Paul Christo interviews celebrities about how they have overcome their chronic pain: <https://podcasts.apple.com/us/podcast/aches-and-gains-with-dr-paul-christo>
- ☐ "Empowered beyond pain" – Discussions on the latest evidence for pain with leaders in the field: <https://bodylogic.physio/podcast/trailer/>

Books:

- ☐ 'Managing Your Pain: An A-Z Guide' is a resource developed with funding from the Victorian Government. For support and advice from a specialist nurse, contact the MSK Help Line. **Phone: 1800 263 265** <https://www.msk.org.au/pain-guide/>
- ☐ "Manage Your Pain" Michael Nicholas et al, 2011
- ☐ Rewire your pain. A book for people with persistent pain.
<https://www.rewireyourpain.com/>
- ☐ "Living Beyond Your Pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain" by Dahl and Lundgren, 2006
- ☐ "Why do I hurt?" Adriaan Louw
- ☐ "Heal Your Pain Now: The Revolutionary Program to Reset Your Brain and Body for a Pain-Free Life" by Joe Tatta, 2017
- ☐ "The Mind/Body Prescription" by John Sarno, 1999
- ☐ "The Way Out: Approach to Healing Chronic Pain" by Alan Gordon, 2021
- ☐ "The Pain-Free Mindset. 7 Steps to Taking Control and Overcoming Chronic Pain"
By Deepak Ravindran, 2021