

# Physiotherapy Pain Rehabilitation Service

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## Useful Information

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There are many sources of information on pain, including books, tapes/CD's and websites; several are aimed at the general public. We have selected some that we think are the best, these have been found useful by other pain sufferers. They are recommended to tell you more about pain and the problems associated with it. Some offer direct suggestions for dealing with pain and other problems.

## TAPES/CD

### "Living with Chronic Pain".

Produced by Consultant Clinical Psychologist Neil Berry. Send a postal order or cheque made out to "Pain CD" for £4.50 to PO Box 84, Blackburn, BB2 7GH. Please indicate whether you require CD or Cassette or visit [www.chronicpain.org.uk](http://www.chronicpain.org.uk)

*Listening version of pain management methods, well explained and easy to follow*

## WEBSITES

[www.britishpainsociety.org](http://www.britishpainsociety.org)

[www.patient.co.uk](http://www.patient.co.uk)

## BOOKS

### **Manage Your Pain.**

Author: Michael Nicholas et al.

ISBN: 0285636790.

*This self help book was written by the pain management at Royal North Shore hospital in Australia.*

### **Explain Pain.**

Author: David Butler, Lorimer Moseley.

ISBN:09750910. [www.noigroup.com](http://www.noigroup.com)

*Recent advances in neurophysiology, psychology and cellular biology written in everyday language with quirky illustrations to help explain pain to health care professionals and people living with pain.*

### **Pain: The Science of Suffering.**

Wall PD (2000) Weidenfeld.

ISBN: 0297842552

*A readable explanation of the complexities of pain by a world authority*

### **Coping Successfully with Pain.**

Neville Shone (1992) London: Sheldon Press.

ISBN 0-859-69750-9

*Personal description of how his chronic pain developed, experience of going to a pain management programme, and using the methods to improve his life*