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_3phB93rVl

**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