

# Pain Science: Learning Resources

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**\*Start here:** <https://painscience.ca/pdtool/> Start by clicking the “Self-Evaluation” tab to identify your learning needs. This will then lead you to various learning resources (scientific articles, books, courses, etc.)  
**This resource is brought to you by the Pain Science Division of the Canadian Physiotherapy Association. It is a live document and continuously invites input to grow its resource library.**

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## WEBSITES WITH LEARNING/PRACTICE RESOURCES FOR CLINICIAN

<https://physiotherapy.ca/divisions/pain-science> (see Newsletter, Practice Resources, etc.)

<http://www.smertespecialisterne.dk/?p=1203>

<http://www.bodyinmind.org/>

<https://www.painscience.com/>

## WEBSITES WITH RESOURCES FOR BOTH CLINICIAN AND PATIENT:

<http://www.greglehman.ca/>

<https://www.paintoolkit.org/>

<https://painhealth.csse.uwa.edu.au/>

## VIDEOS:

**\*Understanding Pain in Less than Five Minutes:**

<https://www.youtube.com/watch?v=5KrUL8tOaQs&feature=youtu.be>

Lorimer Mosely video about Pain:

<https://www.youtube.com/watch?v=gwd-wLdIHjs>

Understanding the Complexity of Pain:

<https://www.youtube.com/watch?v=Zv6RPoVZx9M>

Dave Walton: series of videos on pain assessment:

<https://www.youtube.com/watch?v=YeMjdM30824>

Neil Pearson's presentation with the Canadian Pain Coalition:

[http://www.canadianpaincoalition.ca/media/video/overcome\\_pain/part\\_1/](http://www.canadianpaincoalition.ca/media/video/overcome_pain/part_1/)

[http://www.canadianpaincoalition.ca/media/video/overcome\\_pain/part\\_2/](http://www.canadianpaincoalition.ca/media/video/overcome_pain/part_2/)

[http://www.canadianpaincoalition.ca/media/video/overcome\\_pain/part\\_3/](http://www.canadianpaincoalition.ca/media/video/overcome_pain/part_3/)

## OTHER RESOURCES:

Explain Pain Course, Book, resources:

<http://www.noigroup.com/>

CIRPD webinars:

<http://cirpd.org/Webinars/Pages/ChronicPain.aspx>

Physiopedia plus Understanding Pain course:

[http://www.physio-pedia.com/Main\\_Page](http://www.physio-pedia.com/Main_Page)

Canadian Pain Society website:

[http://prc.canadianpaincoalition.ca/en/the\\_canadian\\_pain\\_society.html](http://prc.canadianpaincoalition.ca/en/the_canadian_pain_society.html)