

APTA Orthopaedic Section-PMSIG
October Email blast

Pain Education

Successfully treating patients with persistent pain requires helping them shift their understanding of the cause of pain from tissue damage to maladaptive central nervous system processing. This is one of my favorite YouTube videos called "Understanding Pain in Less Than 5 Minutes" that I have shown multiple patients and seen the "lightbulb" go off. The video highlights that pain is 100% produced by the brain, and can be retrained, but requires a broader, active approach with an emphasis on looking at the "whole" person. Factors such as thoughts and emotions, lifestyle and diet, stress and overall physical activity must be considered. I hope everyone is able to share this informative video to achieve positive outcomes with their patients!

https://www.youtube.com/watch?v=C_3phB93rvI

In addition, the New South Wales Agency for Clinical Innovation (ACI) website, listed below, has links for "Understanding Pain in Less Than 5 Minutes" with subtitles for multiple languages and, also, the video transcript. As the video presents a lot of information quickly, some patients may appreciate a text version to read and reflect on. Two additional short videos, "Understanding Pain: Brainman Chooses" and "Understanding Pain: Brainman Stops His Opioids" can also be found at this website.

<https://www.aci.health.nsw.gov.au/ie/projects/brainman>

This Clinical Pearl was submitted by Steven Goostree who practices in Chicago, Illinois. Dr. Goostree is board certified in Orthopaedic Physical Therapy and is a Fellow of the American Academy of Orthopedic Manual Physical Therapists. He also serves as a clinical mentor in the University of Illinois at Chicago's OMPT fellowship program. Dr. Goostree's clinical interests are in the management of spinal and extremity pain syndromes using manual therapy, exercise and pain neuroscience education.

The board of the PMSIG invites you to participate in the Clinical Pearl Initiative. Clinical Pearls reflect succinct, clinically relevant information drawn from your experience that can benefit patient care, but may not be found in the medical literature. Please consider sharing your expertise with your colleagues! Submit your Clinical Pearl to Carolyn at carolyn@carolynmcmanus.com.