

Why Do I Hurt? - A Patient Book About the Neuroscience of Pain

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Pain is normal, living in pain is not. Chronic pain is commonly due to an extra-sensitive nervous system and how the brain processes information from the nerves. Understanding more about the neuroscience of pain has been shown to allow patients to hurt less, exercise more and regain control of their lives.

Why Do I Hurt? teaches patients the science of pain in approachable language with metaphors, examples and images.

Written by physical therapist and clinical neuroscience researcher Adriaan Louw, PT, PhD.

Illustrated. Softcover: 54 pages.

Adriaan Louw, PT, PhD, CSMT

Adriaan Louw is a physical therapist and clinical neuroscience researcher. He is the author of multiple books on neuroscience education and spinal disorders, and also teaches and presents on those topics both in the US and internationally.

Adriaan is co-founder and CEO of the International Spine and Pain Institute.

Other Books

A Practical Guide to Chronic Pain Management, Chronic pain affects huge numbers of people - the WHO estimates that 37-41% of people across developed and developing countries suffer, and the figure rises in countries like the UK where the population is ageing. From arthritis to migraine, back pain to diabetes, chronic pain is a huge problem for individuals, their families and carers, health providers and employers. David Walton, a clinical and cognitive psychologist who experiences chronic pain himself, guides readers through an understanding of the nature of pain; how the body and mind react to it; how to minimise pain; and how to choose the right therapies, medication and relief strategies. Modern research is presented in an engaging and positive way, alongside self-assessment questionnaires, case studies and practical do's and don'ts. Through an understanding of pain mechanisms and relief strategies, readers will be enabled to manage their symptoms better and regain some control over their daily lives.

“ I had been contemplating the themes this book should cover when my wife Liz called to me, 'Just be careful. ... Liz was generously expressing concern because I'm still wobbly on the crutches and she didn't want me to hurt myself.' ”