Support / community programmes /Self help

**Painhealth WA** <https://painhealth.csse.uwa.edu.au/>

Local site offering tips on self-management tools to assist in the co-management of musculoskeletal pain.

**Pain Australia**  <https://www.painaustralia.org.au/about-pain>

A not-for-profit organisation established to improve the treatment and management of pain in Australia.

Their site is a wealth of knowledge offering up to date information, book suggestions, free online courses, trials, videos and more.

**University of Sydney - Pain Management Research Institute**

Good information on the latest scientific research into pain. Easy to understand explanations of what pain is, who gets pain, the important difference between acute and persistent pain among many other things. <http://sydney.edu.au/medicine/pmri/pain/index.php>

**International Association for the study of Pain (ISAP)**

Worldwide Pain Society. Go to the Patient Resource section this provides a list of resources to patients and also includes worldwide Pain Management Organisations and their recommendations.

<https://www.iasp-pain.org/Education/Content.aspx?ItemNumber=1723&navItemNumber=678>

**The noi group – Neuro Orthopaedic institute** [www.noigroup.com](http://www.noigroup.com)

Healthy notions of self through neuroscience knowledge

This website is more difficult to navigate but has some excellent videos and suggestions. Try clicking on ‘NOI likes’ for a list of books, videos, art ideas, debates, and much more.

**Must sees:** Check out Prof Lorimer Moseley and his ground-breaking research into the role of the mind in persistent pain states.

Noi jam – a collection of articles/texts that will inform, delight, enthuse, entertain and intrigue.

**Yoga** [www.yogaforpaincare.com](http://www.yogaforpaincare.com)

Yoga can help with flexibility, relaxation and mindfulness. Yoga can be adapted for patients with persistent pain through a more gentle, adapted yoga practice.

Look for “RESTORATIVE YOGA” type courses and make sure you tell the teacher about any pain problem areas so they can work with you to ease into movement.

<http://www.breathworks-mindfulness.org.uk/>

**Empowered beyond pain** – free podcast

Each fortnight (during an active season) we aim to make sense of pain science and bring evidence to your eardrums, to empower you to better health, and empower clinicians to provide the best care for people in pain. Each episode is full of practical tips and insights to help increase your understanding and shift your behaviours to nudge you down the road to growth.

We speak to world-leading researchers and clinicians, as well as talking to patients who have been empowered to live beyond pain and get back to living.

**Pain-Ed** <http://www.pain-ed.com/team/>

This is a website run by Physiotherapists in Australia and around the world. It helps provide the latest research to both the public and health professionals.

**The Fibromyalgia support Network of Western Australia Inc** [www.fibronetwork.org.au](http://www.fibronetwork.org.au)

Centre for Neurological Support

The Niche

11 Aberdare Rd

Nedlands 6009

info@fibronetwork.org.au

**Over 55’s walking association** <http://www.over55walkingassociation.org.au/About%20us.html>

Free! Well organised walking group for the over 55’s every Tuesday at 10am.

All the walks must be close to a bus stop or train station and have public toilet facilities. If it is your first walk the team will make sure you have a member walk with you and you will get a coloured arm band.

All walks are organised such that you walk as far as you like then turn around and walk back. There are no time limits or expectations on participants.

President: Alan Spencer

Phone: 9457 1498 Mobile: 0414 753 612

**Pain Concern – UK based** [painconcern.org.uk](http://www.painconcern.org.uk/)

UK charity site providing excellent interactive tools for pain sufferers and their families including a quarterly magazine (print and online), radio segments, videos, online forum and social media feeds, interviews with experts and more. The Pain Matters magazine is aimed at people living with chronic pain. It contains news, features, comments on pain management, research into treatments, and personal experiences of living with pain.

**Functional and dissociative neurological symptoms – A patient’s guide** [www.neurosymptoms.org](http://www.neurosymptoms.org)

This site provides a succinct but detailed look at many of the common, and some less common symptoms associated with persistent pain.

Click on a ‘symptom’ for explanations, tips, hints, advice and often a link to more in-depth discussion is also provided. Click on causes, or misdiagnosed, or treatments for more highly useful information to add to your arsenal.

**The Pain Toolkit** <http://www.paintoolkit.org/>

Excellent short videos that tell it like it is. Drop down questions/answers which are easy to follow.

Great resources page – yes many of the sites are from the UK- but some are Australian, and they have plenty of great ideas and information. They have a **free app** for iphone or android that you can use as a daily reminder to make the changes and keep up the good work!

**TENS Therapy** is a proven therapy that may be helpful in assisting in the reduction of pain. See below for some suggestions- there are countless TENS options out there!

**Medical Solutions WA;** intheclear@bigpond.com **; iTENS** itens.com.au - a Wireless TENS device that works with your iPhone or Android device.

**Physio&More** physioandmoreaustralia@gmail.com

**Fibromyalgia – Fibro guide** <https://fibroguide.med.umich.edu/>

Dan Clauw Professor of Anaesthesiology, Rheumatology and Psychiatry – University of Michigan

**Lorimer Moseley** is Professor of Clinical Neurosciences and Foundation Chair in Physiotherapy at the University of South Australia**.**

**Tame the Beast** <https://www.tamethebeast.org/resources/>

**Brainman – Understanding Pain in less than 5 minutes**

Youtube video <https://www.youtube.com/watch?v=5KrUL8tOaQs>

**Understanding Pain - Brainman stops his opioids**

Youtube video <https://www.youtube.com/watch?v=MI1myFQPdCE>

**NPS Medicine wise Consumers** [www.nps.org.au](http://www.nps.org.au)

**Quit Sure App** <https://www.quitsure.app/>

This is an app that helps you quit smoking. It’s free and available on both android and iphone. This program takes 10 hours over a 6-10 day period to complete, with text and video content and quick exercise to keep you engaged.

**The Heart Foundation** <http://www.heartfoundation.org.au/walking>

Australia’s largest network of free walking groups – caters for all exercise tolerance levels. Type in your post code or suburb to find your nearest walking group.

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