

Resources:

Readings:

Explain Pain

David Butler and Lorimer Moseley and NOI Group, available through noigroup.com

This is a book designed for patient education, includes illustration

Also for patient education:

“Mind on Pain: When Pain Lingers”, by Frank Porreca and Theodore Price, Scientific American Mind, September 2009.

“Mind on Pain: Psychology of Pain”, by Howard L. Fields, Scientific American Mind, September 2009.

“Studying phantom limbs and other illusions to find cures”, by Joe Rojas-Burke, The Oregonian, December 2, 2009

Relaxation Recordings:

Physiological Quieting, Janet Hume, PT. Available through amazon.com

This is a relaxation CD that is body-centered.

Downloading from Amazon:

Minute Meditations: Guided Imagery Meditations to Relieve Stress & Enhance Wellness, by Jane Pernotto Ehrman

Mirror Box Therapy Home program

Available to patients at \$20.00 per CD through Beth Darnall’s website:
<http://www.bethdarnall.com/>

Nora Stern, MS, PT
nora.stern@providence.org

Bibliography

References for Peripheral Sensitization

Devor, Marshall, Textbook of Pain, The Pathology of Damaged Peripheral Nerves, Chapter 4 pp 79-95.

Amir, Ron, et al, The Journal of Neuroscience, October, 1 1999 Membrane Potential Oscillations in Dorsal Root Ganglion Neurons: Role in Normal Electrogenesis and Neuropathic Pain, pp 8589-8596.

Butler, David, (2000) The Sensitive Nervous System, Noigroup Publications, Australia.

Rosenow, Joshua; Henderson, Jaimie, Neurosurgery Clinics of North America, Anatomy and Physiology of Chronic Pain, 2003: 12: pp 445-462.

Shinder, V.; Devor, M.; Journal of Neurocytology, Structural Basis of Neuron-Neuron Cross-Excitation in Dorsal Root Ganglia, pp 515-531.

England, John D., et al, Neuroscience Letters, Abnormal Distributions of Potassium Channels in Human Neuromas, pp 37-40.

Rempel, Davit, et al, The Journal of Bone and Joint Surgery, Pathophysiology of Nerve Compression Syndromes, pp 1600-1610.

References for Central Sensitivity:

Butler, David, (2000) The Sensitive Nervous System, Noigroup Publications, Australia, p. 75, 78, 88, 35.

Butler, David; Moseley, Lorimer, (2003) Explain Pain, Noigroup Publications, Australia, p. 76.

JDuric, Vanja and Kenneth E McCaaron, "Neurokinin-1 (NK-1) receptor and brain-derived neurotrophic factor (BDNF) gene expression is differentially modulated in the rat spinal dorsal horn and hippocampus during inflammatory pain", *Molecular Pain* 2007, **3**:32doi:10.1186/1744-8069-3-32

Jensen T.S., Gottrup H., Kasch H., Terkelsen A, J., Witting N. Has Basic Research Contributed to Chronic Pain Treatment? *Anaesthesiologica Scandinavica*, 2001: 45: 1128–1135.

Nora Stern, MS, PT
nora.stern@providence.org

Rosenow Joshua M, Henderson Jaimie M. Anatomy and Physiology of Chronic Pain. Neurosurg Clin

N Am, 2003; 12: 445-462.

Lidbeck J. Central Hyperexcitability in Chronic Musculoskeletal Pain: A Conceptual Breakthrough

with Multiple Clinical Implications. Pain Res. Manage, 2002; 7(2): 81-92.

Moseley GL. A Pain Neuromatrix Approach to Patients with Chronic Pain.

Manual Therapy, 2003;

8(3): 130-140.