**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:


“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


References for Central Sensitivity:

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