The Explain Pain Handbook: Protectometer

The Explain Pain Handbook: Protectometer is filled with the latest and greatest from the world of pain science and neuroscience, accompanied by original artwork, presented in easily understood language. The handbook introduces the ‘Protectometer’ a new device that allows you to understand and treat your pain by mapping out the many factors that influence it.

Who is this handbook for?

This book is for anyone experiencing pain, as well as their families, their friends and their health professionals. Whether you are experiencing ongoing back pain, neck pain, shoulder, gut or knee pain, headaches, or have been diagnosed with fibromyalgia, neuropathic pain, Complex Regional Pain Syndrome or any other chronic pain syndrome, you will find helpful and practical information that will be immediately useful.

We know that there are millions of people experiencing chronic pain who have tried therapies of all kinds with no relief and now feel like they are battling on their own. This book is for you. The Explain Pain Handbook: Protectometer has been carefully written and constructed so that you will immediately start to understand your pain better and can take steps to reduce your pain today. If you are currently receiving the assistance of a health professional, The Explain Pain Handbook: Protectometer will help you and your clinician explore new avenues for your recovery and rehabilitation.

What will you learn?

If you stick at it, by the end of this book, you will:

• Understand why you are hurting
• Know how to ‘power up’ other therapies, especially movement and exercise
• Be well on your way to treating your pain scientifically and safely
• Know where you can seek an even deeper understanding of pain
• Be ready to help others who are on the same journey

Why this handbook?

• Because no matter your diagnosis or condition, how long you have had your pain, where it is or how severe it is, understanding your pain is the single most important thing you can do to start on the road to recovery.
• There is ample scientific evidence that supports everything in this book. There is even scientific evidence to support the fact that anyone, without any medical training at all, can understand the important concepts in this book.
• You need to own this book in every sense. It has been designed to become your personalised handbook, about your unique journey and experiences. We want you to write in, and all over, this book to truly make it your own unique pain treatment tool.

What will I take away from this handbook?

You will develop a deeper understanding of:

• The link between your brain, danger and pain
• Why you hurt (or sometimes don’t hurt even when injured)
• Your ‘Personal Pain Formula’ and how it drives the Protectometer
• The idea of ‘Bioplasticity’ and how you can make it work for you to treat and reduce your pain
• Other protective systems besides pain, how to know if these systems are ‘switched on and turned up’ and what to do about it
• The answer to the biggest question of all – “Will I get better?” (Hint: we think the answer can be yes).