

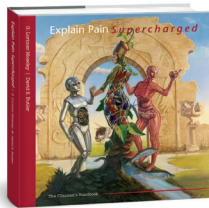
# Welcome to the Explain Pain Revolution

Over the last 20 years a new, powerful and scientific treatment for pain has emerged. There are no pills, no gadgets, no bad side effects and most importantly, you can do it yourself.

The Explain Pain Revolution is all about understanding pain. Many things, often surprising things, can contribute to pain. Learning how to change these things is what these resources are all about.

**Dr David Butler** MSc EdD

**Prof Lorimer Moseley** PhD FACP



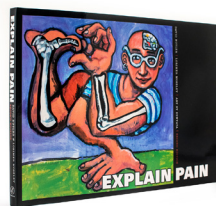
## Explain Pain Supercharged

Moseley & Butler (2017)  
AUD \$154 [INC GST]

- A 'clinician's manual' for anyone treating people experiencing pain
- 238 pages of entirely new content and original artwork
- A deep exploration of the neuroimmune biology of pain and the 'how to' of delivering Explain Pain treatment
- Educational science and conceptual change theory
- Over 100 ready to use clinical metaphors and therapeutic narratives
- Available in print only



Scientific jargon  
level = **More**



## Explain Pain Second Edition

Butler & Moseley (2013)  
AUD \$77 [INC GST]

- The classic text that started the 'Explain Pain Revolution'
- For therapists and clinicians starting their Explain Pain education
- And for patients who want a deeper understanding of pain science
- Translated into Dutch, German, Spanish, Portuguese and Hebrew
- Available in print, ebook and audiobook versions



Scientific jargon  
level = **Some**



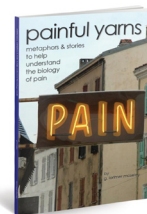
## Explain Pain Handbook: Protectometer

Moseley & Butler (2015)  
AUD \$33 [INC GST]

- A stand-alone 'workbook' for patients
- References Explain Pain and Painful Yarns for those who want deeper knowledge
- Introduces the 'Protectometer' – a tool to help people understand and treat their pain
- Numerous exercises and worksheets to take people through a complete pain treatment programme
- Available in print and as the Protectometer iOS App



Scientific jargon  
level = **A little**



## Painful Yarns

Moseley (2007)  
AUD \$27.50 [INC GST]

- A collection of stories to help patients understand pain biology
- Described by critics as a 'gem' and by clinicians as 'entertaining and educational'
- Each 'yarn' contains a section relating the story back to pain biology
- A gentle, metaphorical, and explorative introduction to Explain Pain ideas and principles
- Available in print and ebook



Scientific jargon  
level = **Almost none**