

Section 1

- 8 Introduction
- 10 Pain is normal
- 12 Amazing pain stories Part 1
- 14 Amazing pain stories Part 2
- 16 Amazing pain stories Part 3
- 18 Pain relies on context Part 1
- 20 Pain relies on context Part 2
- 22 The phantom in the body
- 24 Age, gender, culture and pain



Section 2

- 28 Introduction: Your remarkable danger alarm system
- 30 A closer look at alarm signals
- 34 Sending messages
- 36 The alarm message meets the spinal cord
- 38 The message is processed throughout the brain
- 40 The orchestra in the brain
- 42 Systems to get you out of trouble



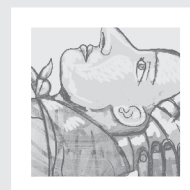
Section 3

- 46 Introduction: The damaged and deconditioned body
- 48 Acid and inflammation in the tissues
- 50 Inflammation: More danger bang for your injury buck
- 52 The truth about muscles
- 54 Get to know your LAFTs
- 56 Get to know your skin and soft tissues
- 58 Bone and joint contributions to pain
- 60 The peripheral nerves
- 62 The dorsal root ganglion – the peripheral nerve’s minibrain
- 64 Backfiring nerves
- 66 What you might notice with peripheral nerve problems



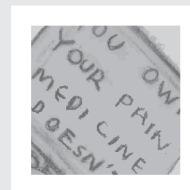
Section 4

- 70 Introduction: Altered central nervous system alarms
- 72 Altered central nervous system alarms – the spinal cord
- 74 The spinal cord as a magnifier of tissue reality
- 76 The brain adapts and tries to help
- 78 The orchestra plays the pain tune
- 80 Thoughts and beliefs are nerve impulses too
- 82 The sensitised central alarm system
- 84 Response systems – the sympathetic and parasympathetic nervous system
- 86 The endocrine response
- 88 The immune system
- 90 Movement strategies



Section 5

- 94 Introduction: Modern management models
- 96 Models of engagement
- 98 The clinical decision-making model
- 100 Threats hide in hard to spot places
- 102 How are you travelling?
- 104 What’s your style?
- 106 Your relationship with pain



Section 6

- 110 Introduction: Management essentials
- 112 Tool 1: Education and understanding
- 116 Tool 2: Pacing and graded exposure
- 120 Tool 3: Accessing the virtual body
- 127 References
- 132 Index