



Explain Pain (8311)

By David Butler



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Explain Pain is a proven stayer among health texts. With great clarity and quirky images, it answers common questions asked by pain sufferers, such as "Why am I in pain?", "Why has it spread?" and "What can I do to help?"

Explain Pain gives new and immediate hope to pain sufferers and their family and friends. It describes the complexities of the central nervous system for chronic pain patients in everyday language. Studies now show that understanding more about why things hurt can help patients go about their daily lives. This book aims to empower clinicians and pain sufferers to challenge pain, revise their view of pain and follow a scientific road to recovery.

Written by Dr. David Butler and Dr. G. Lorimer Moseley. Illustrated. Spiral-bound softcover; 130 pages.



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Editorial Review

About the Author

David Butler, B Pty, GDAMT, M App Sc, PT

Clinician, author, lecturer and educator, David Butler passionately spreads his knowledge regarding the treatment of acute and chronic pain utilizing his insightful blend of manual-therapy skills with neurobiological evidence and clinical decision-making skills.

G. Lorimer Moseley, PhD, FACP

Dr. Moseley is professor of Clinical Neurosciences and Foundation Chair in Physiotherapy at the University of South Australia, Senior Principal Research Fellow at Neuroscience Research Australia and Chair of PainAdelaide. He has a unique ability to teach the science of pain in a way that is applicable to professionals and accessible to patients.

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