

Pain Education & Self-Management

At Home

Back Pain

MyBackPain

Education on self-management of lower back pain.

www.mybackpain.org.au

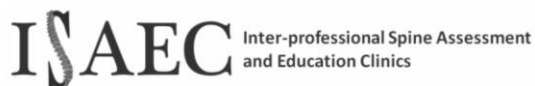


Back Pain Exercises

Inter-professional Spine Assessment and Education Clinic

A list of short videos that demonstrate specific positions of relief, stretches and exercises.

www.isaec.org/exercise-videos.html



Persistent Pain Online Education

Free!

The Pain Toolkit

Useful resources, information and choices for patients to help with the self-management of persistent pain.

www.paintoolkit.org



Free!

lifemark – Life is Now

Discover a complete self-care program designed by a Canadian leader in pain management that supports people living with chronic pain.

www.lifeisnow.ca



App

Curable

Curable's unique design helps address pain from multiple angles - physical, emotional, and psychological.

50% OFF



Persistent Pain Online Exercises



Shelley Prosko

Breath Awareness and Regulation

www.youtube.com/watch?v=RAZh4zaURn0

Supine Movement

www.youtube.com/watch?v=5118Uv6Bqrc

Seated Movement

www.youtube.com/watch?v=6NWmBLfVddo



FemFusion Fitness

Guided Meditation for Pelvic Floor Relaxation

www.youtube.com/watch?v=4syPT8gMDDA



Michael G DeGroot Pain Clinic

Patient Resources – Tai Chi Videos

<https://www.hamiltonhealthsciences.ca/areas-of-care/medicine-and-complex-care/clinics/pain-clinic/resources/>

