Complex Pain Clinic

Additional Resources

* **Understanding how pain works and why chronic pain happens (Tame the Beast)**

<https://www.tamethebeast.org>

* **Understanding pain in less than 5 minutes**

[Understanding Pain in less than 5 minutes, and what to do about it! - YouTube](https://www.youtube.com/watch?v=C_3phB93rvI)

* **Lorimer Moseley Tedx Talk – Why things hurt**

[TEDxAdelaide - Lorimer Moseley - Why Things Hurt - YouTube](https://www.youtube.com/watch?v=gwd-wLdIHjs)

* **Joshua W. Pate Ted-Ed Talk – The mysterious science of pain**

[The mysterious science of pain - Joshua W. Pate - YouTube](https://www.youtube.com/watch?v=eakyDiXX6Uc)

* **Elliot Krane Ted Talk – the mystery of chronic pain**

[The mystery of chronic pain - Elliot Krane | TED-Ed](https://ed.ted.com/lessons/the-mystery-of-chronic-pain-elliot-krane)

* **Understanding pain in less than 5 minutes**

[Understanding Pain in less than 5 minutes, and what to do about it! - YouTube](https://www.youtube.com/watch?v=C_3phB93rvI)

* **What is Pain – Explaining Pain (Agency of Clinical Innovation)**

<https://vimeo.com/548753743>

* **Chronic Pain resources (Meg Foundation)**

[Chronic Pain Resources | Meg Foundation (megfoundationforpain.org)](https://www.megfoundationforpain.org/chronic-pain-resources/)