

## Useful Online Resources

### 1) Links to useful websites:

Opioids Aware <https://fpm.ac.uk/opioids-aware>  
Live Well With Pain <https://livewellwithpain.co.uk/>  
Pain Concern <http://painconcern.org.uk/>  
Versus Arthritis <https://www.versusarthritis.org/>  
Ten Footsteps to Living Well with Pain <http://resources.livewellwithpain.co.uk/ten-footsteps/cover/>  
Retrain Pain (available in 24 languages) <https://www.retrainpain.org/>  
The Pain Toolkit <https://www.paintoolkit.org/>  
Solent MSK Self-help <https://www.solent.nhs.uk/msk/self-help/>

### 2) Links to YouTube Videos:

Understanding Pain <https://www.youtube.com/watch?v=70liPai6yWY>  
Brainman Stops His Opioids <https://www.youtube.com/watch?v=MI1myFQPdCE>  
Brainman Chooses <https://www.youtube.com/watch?v=jlwn9rC3rOI>  
Tame the Beast <https://www.youtube.com/watch?v=ikUzvSph7Z4>  
Pain and Me <https://www.youtube.com/watch?v=ZUXPqphwp2U>

### 3) Links to Printable Patient Information:

Explaining Pain <https://livewellwithpain.co.uk/resources/resources-for-your-patients/explaining-pain-booklet/>  
Sleep Well With Pain <https://livewellwithpain.co.uk/resources/resources-for-your-patients/sleep-well-with-pain/>  
Manage Your Pain (Reducing Flare-ups) <https://painconcern.org.uk/product/manage-your-pain/>  
Pain Toolkit (PDF) <https://www.nhs.uk/Planners/yourhealth/Documents/The%20pain%20toolkit%20-%20Oct%2010%20-%20READ.pdf>  
Taking Opioids for Pain <https://fpm.ac.uk/opioids-aware-information-patients/taking-opioids-pain>  
Driving <https://fpm.ac.uk/sites/fpm/files/documents/2019-08/FPM-Driving-and-Pain-patient-information.pdf>  
Scans for People with LBP <https://www.solent.nhs.uk/media/1757/scans-for-people-with-lbp-leaflet.pdf>