

My Child Has Persistent/Chronic Pain

Where do we learn more?

Medical information on websites and social media can be overwhelming. Before reading information online ask, “Who can I trust? Who wrote this information, and what is their training and expertise? Is there evidence-based research to back up their statements?” Look for websites that end in .org or .edu for trustworthy information. Be cautious of support group claims.

If your child has been diagnosed with a chronic or persistent pain condition like CRPS (Complex Regional Pain Syndrome), Central Sensitization, Amplified Pain, or Fibromyalgia, the resources below can provide current, evidence-based information and education about understanding pain. Ask your PT (physical therapist), OT (occupational therapist) or other healthcare provider any questions you may have about the listed resources.

Seattle Children’s

seattlechildrens.org/clinics/pain-medicine

Seattle Children’s Pain Medicine Clinic website has helpful information on chronic pain in children and adolescents.

Books

[Managing Your Child’s Chronic Pain](#)

Dr. Tonya Palermo and Dr. Emily Law, 2015

A helpful resource for parents who want to learn how to help their children and family cope with persisting pain using new, tested treatment tools and techniques.

[When Your Child Hurts: Effective Strategies to Increase Comfort, Reduce Stress, and Break the Cycle of Chronic Pain](#)

Rachel Coakley PhD, 2016

Online Videos

[Lorimer Moseley- Why Things Hurt](#)

Visit ed.ted.com/on/Li50Ci7S

Lorimer Moseley, PhD explains why things hurt in this 14-minute video.

[The Mystery of Chronic Pain](#)

Visit ed.ted.com/lessons/the-mystery-of-chronic-pain-elliott-krane

This 8-minute video by Dr. Elliot Krane tells the story of a girl whose sprained wrist turned into chronic pain.

[Tame the beast- It’s time to rethink persistent pain](#)

Visit youtu.be/ikUzvSph7Z4

In this 5-minute video posted by Tame the Beast, Dr. Lorimer Moseley explains pain and new ways to deal with pain.

To Learn More

- Occupational/Physical Therapy
206-987-2113
- Ask your child’s healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Understanding pain in less than 5 minutes, and what to do about it!

Visit youtu.be/C_3phB93rvI

This 5-minute video posted by Live Active explains how the brain is wired for pain.

Neuroplasticity

Visit youtu.be/ELpfYCZa87g

This 2 minute video posted by Sentis reinforces the message of the above four videos about the brain's ability to adapt and change.

Other Resources

www.painrevolution.org

Visit the website, navigate to the resources tab and choose "For General Public" for videos, articles and information about understanding pain.

The New Medicine- Part 1 (PBS Special)

Available to buy at thenewmedicine.org, on Amazon.com, and may be available at your public library.