

Therapeutic Pain Neuroscience Education in the treatment of Chronic Pelvic Pain - **Resources**

Neuro Orthopaedic Institute (NOI) - Butler and Mosley <https://www.noigroup.com/>

International Spine and Pain Institute - Adrian Louw <https://www.ispinstitute.com/>

Patient Books

- Why do I hurt? - Louw
- Why Pelvic Pain Hurts? - Louw
- Painful yarns - Mosley
- Explain pain - Butler and Mosley

Workbooks

- Why do I hurt? workbook - Louw
- Your fibromyalgia workbook - Louw
- The Explain Pain Handbook: Protectometer - Mosley and Butler

Other

- Pain education posters - NOI Group
- Explain Pain Supercharged for Health professionals - NOI Group
- The Graded motor imagery handbook - Mosely, Butler, Beames, Giles - NOI
- Pain Neuroscience posters - OPTP
- Why do you hurt Therapeutic Neuroscience Education System - Louw - OPTP
- Understanding pain - what to do about it in less than 5 minutes - You Tube

Relaxation and meditation for pelvic pain

- Patricia Neumann PT - Pelvic Floor Muscle Relaxation for women (and Men) with Chronic Pelvic Pain <http://www.thepelvicfloorclinic.com.au/buy-cd-or-download>
- Jan Hulm - Physiological quieting – Phoenix Enterprises (pedi and Spanish versions) <http://www.phoenixcoresolutions.com>
- Donna J. Carrico and Gail Elliott Evo - Beaumont Hospital (Michigan) - Guided Imagery for Relaxation in Women with IC and Pelvic Pain, Guided Imagery to Enhance Healing for Women with Pelvic Pain, Interstitial Cystitis or Vulodynia, Guided Imagery to Enhance Healing for Men with Chronic Pelvic Pain or Prostatitis - available on Amazon