



resourceGUIDE

Talking to farmers about their pain

CLINICIAN & PATIENT RESOURCES

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International Spine and Pain Institute:

- X [ISPI FREE RESOURCES](#)- Library of great resources for patients and providers, including questionnaires, patient exercises for variety of nerve related symptoms, research articles, etc.

Screening Tools

- X [STarT Back Screening Tool](#): simple and effective tool for determining pathway for LBP patients.
 - i. [Fear Avoidance Belief Questionnaire](#): gives insight into maladaptive beliefs, providing insight into need for further treatment approaches to reduce fear/address maladaptive beliefs.
 - ii. [MYBACK](#)- Low back pain self or clinician screening/prognosis tool with customized report & excellent resources.
 - iii. [PICKUP](#)- Proposed LBP Screening Tool:
 - iv. Choosing Wisely Website-
<http://www.choosingwisely.org/clinician-lists>
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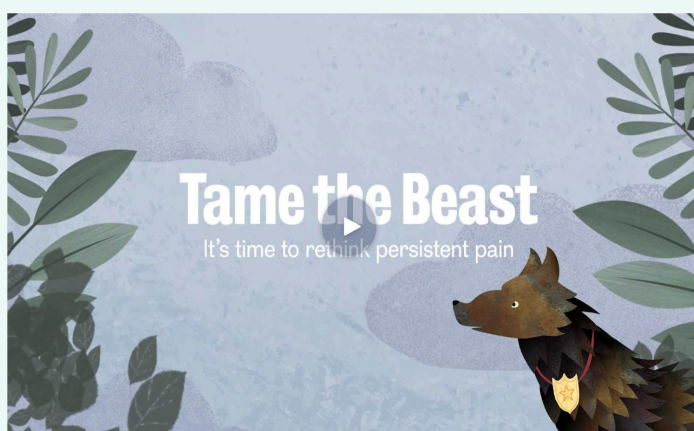
VIDEO RESOURCES

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WHAT IS PAIN?

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5 minute video explaining pain from a biopsychosocial perspective- [Found here](#)



Watch the video to learn about new approaches to reducing your pain.

TAME THE BEAST

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Reshaping how we think about pain (particularly chronic pain), Lorimer Mosely lays out the new approach to reducing & thinking of pain in the video to the left. Helpful to watch and digest as a provider, then determine how to best translate/disseminate the themes for your population.

Tamethebeast.org

WHY THINGS HURT

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Another short YouTube video that details a biopsychosocial explanation of pain in simple terms. Found [HERE](#).

CONTACT INFORMATION

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