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**Pain
Neuroscience
Education**



Pain is a normal part of our life experience and is the number one reason patients seek medical treatment.

Our personal survival would not be possible without the ability to experience pain. One in four individuals will experience chronic pain, pain that lasts longer than it should.

What is Pain Neuroscience Education (PNE)?

PNE is an educational intervention aiming to alter a patient's beliefs and cognitions regarding their pain experience (Moseley, et al). This approach to therapy uses easy-to-understand stories to teach the complexity of pain and where pain comes from. This includes education while in the clinic, as well as, homework for patients to complete between visits.

Who would benefit from Pain Neuroscience Education?

Those with:

- Chronic Pain
- Fibromyalgia
- Low Back Pain
- Neck Pain
- Orthopedic Injuries
- Post-Surgical
- Arthritis
- Traumatic Injury



*Knowledge and education
are therapy to help
reduce your pain.*