



Explain Pain (Discontinued)

David Butler, PT and Dr. Lorimer Moseley

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Explain Pain by David Butler and Dr. Lorimer Moseley is an evidence based book designed for therapists, patients and students. It answers the most common questions asked by pain sufferers: 'why do I hurt?' and 'what can I do for my pain?' Written in simple language that anyone can understand, it encourages patients to move better and research shows that they will have less pain once they have understood its underlying causes.

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