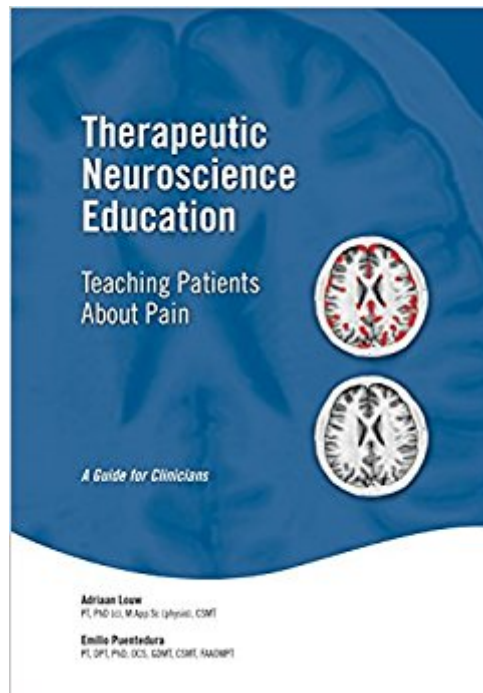


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# Therapeutic Neuroscience Education (8748)



## Synopsis

Evidence shows that patients who better understand their pain, and what pain truly is, experience less pain, have less fear, move better, exercise more and can regain hope. In this textbook, physical therapists Adriaan Louw and Emilio Puentedura deliver an evidence-based perspective on how the body and brain collaborate to create pain, teach how to convey this view of pain to patients, and demonstrate how to integrate therapeutic neuroscience education into a practice. Written by Adriaan Louw and Emilio Puentedura. Illustrated. Softcover; 304 pages.

## Book Information

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## Customer Reviews

Adriaan Louw, PT, PhD, CSMT Adriaan Louw is a physical therapist and clinical neuroscience researcher. He is the author of multiple books on neuroscience education and spinal disorders, and also teaches and presents on those topics both in the US and internationally. Adriaan is co-founder and CEO of the International Spine and Pain Institute and also maintains a clinical practice; The Ortho Spine and Pain Clinic in Story City, Iowa.

This is essential knowledge to keep our biomechanical explanations from spreading fear and perpetuating pain in our patients. The interventions laid out here have turned some of my most difficult cases (due to high sensitivity and pain avoidant habits) into successes. It's an excellent introduction to modern pain science -- written for someone educated, but not necessarily fluent in neuroscience. It presents the concepts fully and restricts itself to just those that are clinically relevant, so you don't feel like you're wading through a whole neuro textbook just to find a few

insights.

As a physiotherapist I would recommend this book. Nonetheless, several chapters are basically a reproduction of the research out there and therefore adds nothing new, I had the impression that I was re-reading material. The authors do strive to provide interesting tools for TNE. The last thing I'd say is, I've got the impression that TNE was oversold in this book. Current research criticises big time the overall effects of TNE, it does prove to be of use in clinical practice, but not as the book sells. Despite the criticism, I most certainly recommend it.

I sure hope this book becomes a standard text for all PT/OT programs! I've noticed for some time that my anatomy focused patient education didn't always work the way I intended it to. I had read some articles here and there about TNE, so I started to talk to my patients about the brain and chronic pain. I still wasn't feeling good about the effectiveness of my patient education- UNTIL this book. This is a really well written informative book that teaches how to teach this stuff to your patients. If you are a PT or OT reading these reviews, buy this book!!

Very good, helpful book for physical therapists.

Great book for PTs or health professionals who want a deeper understanding of pain neuroscience and how to better help our patients.

Essential if you treat with patients in pain.

great book

Easy to understand, every therapist have to read it.

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