

The DOC Journey Webinar #7

Principles Behind Solving Chronic Pain



9-30-20

General References:

Paper on hand surgeon with 28 patients who requested arm amputations:

<https://backincontrol.com/normal-arms-amputated/>

Neuroplasticity –

Brumagne, et al, 2019, 'Neuroplasticity of Sensorimotor Control in Low Back Pain', Journal of Orthopaedic & Sports Physical Therapy

<https://www.jospt.org/doi/10.2519/jospt.2019.8489>

Hanscom, D., 2020, 'Reprogram your brain around pain - mental or physical', Psychology Today

<https://www.psychologytoday.com/us/blog/anxiety-another-name-pain/202008/reprogram-your-brain-around-pain-mental-or-physical>

20 million vs. 40 thoughts per second between conscious vs unconscious thinking?

<https://spdrdng.com/posts/conscious-vs-subconscious-processing>

Papers citing that a minority of fusions actually reduce pain –

Carragee, et al, 2006, 'A Gold Standard Evaluation of the "Discogenic Pain" Diagnosis as Determined by Provocative Discography', Spine

https://journals.lww.com/spinejournal/Abstract/2006/08150/A_Gold_Standard_Evaluation_of_the_Discogenic.18.aspx

Juratli, et al, 2006, 'Lumbar Fusion Outcomes in Washington State Workers??? Compensation', ResearchGate

https://www.researchgate.net/publication/6718293_Lumbar_Fusion_Outcomes_in_Washington_State_Workers_Compensation

Reflex Sympathetic Dystrophy –

https://www.medicinenet.com/reflex_sympathetic_dystrophy_syndrome/article.htm#reflex_sympathetic_dystrophy_rsd_facts

Studies:

The experience of chronic pain impacts a person's life at a magnitude similar to terminal cancer:

Fredheim, et al, 2007, 'Chronic non-malignant pain patients report as poor health-related quality of life as palliative cancer patients', Wiley Online Library
<https://onlinelibrary.wiley.com/doi/full/10.1111/j.1399-6576.2007.01524.x>

Paper on experiment with blindfolded subjects given FMRI, discovery that blood flow starts to favor hearing within one day:

Merabet, et al, 2009, 'Neural Reorganization Following Sensory Loss: The Opportunity Of Change', US National Library of Medicine, National Institutes of Health
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3898172/>

Books:

Harari, Yuval N. author. [Sapiens: A Brief History of Humankind](#). New York: Harper, 2015, 464 pages

Hanscom, David author. [Back in Control: A Surgeon's Roadmap Out of Chronic Pain](#). Vermont: Vertus Press, Second Edition, 2016, 352 pages

Q&A with David Hanscom:

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