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CreakyJoints Presents

Pain Explained: Welcome to the Online Package!

Welcome Message

The Global Healthy Living Foundation (GHLF) and ArthritisPower (AP) welcomes you to the Chronic Pain Online Package, Pain Explained series, part of the Patient-Centered Outcomes Research Institute (PCORI) funded award titled “Encouraging Patients to Manage Chronic Pain Using the Latest Evidence from Research”. We know that living a life with chronic pain can be challenging, and can significantly impact various areas of your life, from social relationships, to the financial aspects, from the psychological impacts to physical health including quality of life. This free 6-part package contains various tools and techniques, using the latest evidenced-based research, which can help you or a loved one better manage chronic pain and have a more informed conversation with your doctor.

The entire package is approximately two and a half hours long, ranging from as little as 5 to 45 minutes for each part. We encourage you to take your time and go at your own pace. Throughout the package you’ll hear short audio recordings and in Parts 2-5 you can listen to podcasts brought to you by experts in the healthcare field as well as from people, like you and me, living with chronic pain. Note, some podcasts contain images to further illustrate the concepts shared. You'll see those in Parts 2-4. To learn more about our speakers, click on the links below.

We encourage you to visit the resource page available at the end of Parts 1-6, which contain all the videos from that section, free resource links, and a cheat sheet you can download to help you further explore what science is telling us about chronic pain and how to manage it. Please note, this package is not a substitute for medical advice and it is for information purposes only. We recommend consulting your healthcare team before making any changes to your care.

To get started, please share with us a little about yourself or your loved one by answering the question in the box below. Then, press next to continue. When you are finished with Part 1 simply return to your email. You’ll receive Part 2 in your inbox. After Part 2 is complete, you’ll receive a new email for Part 3 and so on until you have complete the entire package.

We hope you find this resource helpful. If you have any questions, simply leave us a comment at the end of each part or email us at chronicpain@ghlf.org.

