Taste of Milan – IASP – Part 1

Thanks to all the tweeters who have sent this info out to those who would like to be there

**Sandy Hilton (**[**@SandyHiltonPT**](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2fSandyHiltonPT)**)**  
[8/27/12 2:36 PM](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2fsandyhiltonpt%2fstatus%2f240080447672041473)  
First ? - is the neuromatrix really a 'salience matrix' .... How important is the information? Further sessions 2 address this. [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012)

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| **P.Vijayanand (**[**@PainFreeIndia**](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2fPainFreeIndia)**)** [8/28/12 8:46 PM](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2fpainfreeindia%2fstatus%2f240535875786788864) Von Korff: When it comes to opioids and non-malignant pain, there is an agreement on the problem, but none on solution. [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012) |

**P.Vijayanand (**[**@PainFreeIndia**](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2fPainFreeIndia)**)**  
[8/28/12 8:44 PM](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2fpainfreeindia%2fstatus%2f240535337112322049)  
Von Korff: If we have foolproof treatments for pain relief, then there is every 'right to pain relief.' But, we don't. [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012)

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| **P.Vijayanand (**[**@PainFreeIndia**](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2fPainFreeIndia)**)** [8/28/12 9:17 PM](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2fpainfreeindia%2fstatus%2f240543534652989441) Von Korff: Opioids in non-cancer pain - guidelines based on consensus opinion. No RCTs to evaluate safety and long-term efficacy [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012) |
| **P.Vijayanand (**[**@PainFreeIndia**](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2fPainFreeIndia)**)** [8/28/12 9:26 PM](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2fpainfreeindia%2fstatus%2f240546027210424320) Von Korff: Whatever the dose of opioids, average pain intensity remains the same. Activity limitation higher with higher doses. [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012) | |

**P.Vijayanand (**[**@PainFreeIndia**](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2fPainFreeIndia)**)**  
[8/28/12 8:41 PM](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2fpainfreeindia%2fstatus%2f240534663343513600)  
Von Korff:The opioid issue in USA is a public health problem of our own making. Cure:when you find yourself in a hole,stop digging [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012)

**Aaron Kucyi (**[**@neuroperson**](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2fneuroperson)**)**  
[8/28/12 11:13 PM](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2fneuroperson%2fstatus%2f240572752648609793)  
Bottom line: we have not identified a primary nociceptive cortex, and we still don't know where "the hurt" is in the brain [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012)

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| **Aaron Kucyi (**[**@neuroperson**](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2fneuroperson)**)** [8/28/12 11:18 PM](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2fneuroperson%2fstatus%2f240574134520803328) Don't use the term "pain matrix" to describe pain-related brain areas; do read Ron Melzack's original definition of "neuromatrix" [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012)  **Pete Moore (**[**@paintoolkit2**](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2fpaintoolkit2)**)** [8/29/12 10:46 AM](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2fpaintoolkit2%2fstatus%2f240747118661341185) [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012) Lorimer Mosley disruption of somatotopic maps [pic.twitter.com/PKEWDeX1](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=http%3a%2f%2ft.co%2fPKEWDeX1)  **Pete Moore (**[**@paintoolkit2**](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2fpaintoolkit2)**)** [8/29/12 10:51 AM](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2fpaintoolkit2%2fstatus%2f240748497429737473) [#lorimermosley](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23lorimermosley) percept and tactile acuity fundamentally linked [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012)  **Janet Holly (**[**@innerchildca**](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2finnerchildca)**)** [8/29/12 1:32 PM](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2finnerchildca%2fstatus%2f240789099060015104) [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012) Keefe older adults: High Level of social deprivation in a neighborhood can lead to long term chronic pain  **P.Vijayanand (**[**@PainFreeIndia**](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2fPainFreeIndia)**)** [8/29/12 2:38 PM](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2fpainfreeindia%2fstatus%2f240805541503438849) Keefe: Emotional disclosure interventions & Acceptance-based interventions useful in reducing pain experience [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012)  **P.Vijayanand (**[**@PainFreeIndia**](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fPainFreeIndia)**)** [8/29/12 2:32 PM](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fpainfreeindia%2fstatus%2f240804098398617600) Keefe: 80% of learning in the elderly is experiential. Positive feedback, demonstration, guided skills practice all help   |  |  | | --- | --- | | **Janet Holly (**[**@innerchildca**](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2finnerchildca)**)** [8/29/12 1:32 PM](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=https%3a%2f%2ftwitter.com%2finnerchildca%2fstatus%2f240789118764843008) [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=66aiRvn1cE6Ano4oIr1w54XKk2e-Wc9IcKEUPu2k_2zJbzIhiu4IsZBxedmDZC-v_Cr0eD5Vlig.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012) treating older adult: Older adults learn not by providing information but by experiential learning(Keefe)  **Janet Holly (**[**@innerchildca**](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2finnerchildca)**)** [8/29/12 1:32 PM](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2finnerchildca%2fstatus%2f240789099060015104) [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012) Keefe older adults: High Level of social deprivation in a neighborhood can lead to long term chronic pain  **Pete Moore (**[**@paintoolkit2**](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fpaintoolkit2)**)** [8/29/12 10:51 AM](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fpaintoolkit2%2fstatus%2f240748497429737473) [#lorimermosley](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23lorimermosley) percept and tactile acuity fundamentally linked  **Janet Holly (**[**@innerchildca**](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2finnerchildca)**)** [8/29/12 3:13 PM](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2finnerchildca%2fstatus%2f240814332844318721) [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012) cortical matrix defensive peripersonal space is variable by person. High anxiety= large space G Iannetti  **Janet Holly (**[**@innerchildca**](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2finnerchildca)**)** [8/29/12 3:37 PM](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2finnerchildca%2fstatus%2f240820556960780289) [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012) Spreading Sensitization: thermo and mechanical thresholds change. On contra side to affected. gains or loss Konopka et al 2012  **Janet Holly (**[**@innerchildca**](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2finnerchildca)**)** [8/29/12 3:39 PM](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2finnerchildca%2fstatus%2f240820961862103040) [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012) Chronic Msk. The more widespread condition you have the more sensory abnormalities are found  **P.Vijayanand (**[**@PainFreeIndia**](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fPainFreeIndia)**)** [8/28/12 3:12 PM](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fpainfreeindia%2fstatus%2f240451693958004736) [#Fibromyalgia](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23Fibromyalgia) is a type of small fibre neuropathy, with 'extreme activity-dependent slowing.' Like the sufferer him/herself  **Janet Holly (**[**@innerchildca**](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2finnerchildca)**)** [8/28/12 3:47 PM](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2finnerchildca%2fstatus%2f240460649908551680) [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012) Sluka feels long term exercise can prevent the central nervous system changes that occur in ch pain - prevents phosphorylation  **Janet Holly (**[**@innerchildca**](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2finnerchildca)**)** [8/28/12 4:23 PM](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2finnerchildca%2fstatus%2f240469557008035840) [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012) Eva Kosek suggests from her studies that exercise of the non- painful body part can reduce pain. Needs more study  **Sandy Hilton (**[**@SandyHiltonPT**](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fSandyHiltonPT)**)** [8/27/12 3:33 PM](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fsandyhiltonpt%2fstatus%2f240094685064986624) My jet lagged and hungry summary of the CRPS Refresher: 'Get them moving' [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012) using anti inflammatory meds, GMI and education  **Janet Holly (**[**@innerchildca**](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2finnerchildca)**)** [8/27/12 6:44 PM](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2finnerchildca%2fstatus%2f240142792456802304) [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012) Biological sleep need is 8 hours - most of Americans are sleepy - and have increased p sensivity Rath  **Janet Holly (**[**@innerchildca**](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2finnerchildca)**)** [8/27/12 6:39 PM](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2finnerchildca%2fstatus%2f240141446278176768) [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012) Normals take 13 min to fall asleep insominiacs take 60 minutes neuropathic pain patients take a Mean of 105 minutes  **P.Vijayanand (**[**@PainFreeIndia**](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fPainFreeIndia)**)** [8/30/12 5:44 AM](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fpainfreeindia%2fstatus%2f241033722101649408) Nicholas: It is possible to identify risk of delayed 'return to work' soon after injury  **P.Vijayanand (**[**@PainFreeIndia**](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fPainFreeIndia)**)** [8/30/12 5:31 AM](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fpainfreeindia%2fstatus%2f241030472862429184) If ones GP is of an occupational health bent, than a plain vanilla one; then ones chances of 'sick note' reduces by 25%  **Vijayanand (**[**@PainFreeIndia**](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fPainFreeIndia)**)** [8/30/12 4:46 AM](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fpainfreeindia%2fstatus%2f241019080054829056) Gallace: Awareness (space & body) is muddled in 'neglect' patients  **P.Vijayanand (**[**@PainFreeIndia**](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fPainFreeIndia)**)** [8/30/12 4:25 AM](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fpainfreeindia%2fstatus%2f241013804413112320) Gallace:Less control over thermoregulation & lower body ownership with parietal cortex inhibition [**P.Vijayanand (**[**@PainFreeIndia**](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fPainFreeIndia)**)** [8/30/12 4:55 AM](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fpainfreeindia%2fstatus%2f241021309960724481) Watson: Previous work absences & fear avoidance are better predictors of an employee getting a 'sick note,' than pain & disability IASP2012](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012) It's the Manmohan Singh of brain  **P.Vijayanand (**[**@PainFreeIndia**](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fPainFreeIndia)**)** [8/30/12 5:40 AM](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fpainfreeindia%2fstatus%2f241032711052083200) It seems 'implementation research' is to occupational health, what 'translational research' is to basic sciences  **Aaron Kucyi (**[**@neuroperson**](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fneuroperson)**)** [8/29/12 10:50 PM](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fneuroperson%2fstatus%2f240929392115724288) Good review of neuroethical issues related to using neuroimaging as a biomarker for chronic pain [ncbi.nlm.nih.gov/pubmed/22464695](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=http%3a%2f%2ft.co%2fKVg5anHT) [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012)  **LondonPainConsortium (**[**@PainConsortium**](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fPainConsortium)**)** [8/29/12 10:00 PM](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fpainconsortium%2fstatus%2f240916738164785155) More from Irene Tracey: predicting analgesic efficacy with neuroimaging - 11am today! TW23 [#Pain](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23Pain) [#LPC](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23LPC) [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012)   |  | | --- | | **P.Vijayanand (**[**@PainFreeIndia**](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fPainFreeIndia)**)** [8/29/12 9:27 PM](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fpainfreeindia%2fstatus%2f240908514195812352) Gallace: As people disown, look away, and don't move the affected limb; is CRPS a kind of hemispatial neglect? [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012) |   **P.Vijayanand (**[**@PainFreeIndia**](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fPainFreeIndia)**)** [8/29/12 9:19 PM](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fpainfreeindia%2fstatus%2f240906445636390914) Gallace: The more the rubber hand was felt part of the body, the slower the processing of painful stimuli [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012)  **P.Vijayanand (**[**@PainFreeIndia**](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fPainFreeIndia)**)** [8/29/12 9:16 PM](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=https%3a%2f%2ftwitter.com%2fpainfreeindia%2fstatus%2f240905841748873217) Gallace: When the rubber hand is incorporated into the body matrix, the real hand feels left out [#IASP2012](https://web.nhs.net/owa/redir.aspx?C=SFM99AH5WU2GzPrOV1Xos2sV9E-DWs9INb1iASYPd_Jszy22xUosq0o0Jmp1wqtyy7Kej714vOo.&URL=http%3a%2f%2fsearch.twitter.com%2fsearch%3fq%3d%23IASP2012) | |