Table of Contents:

1 Introduction

1 Bridging the gap between pain management as a speciality and rheumatology Harald Breivik and Michael Shipley

2 Science & psychology of pain

2 Science and psychology of pain Johan W.S. Vlaeyen, Geert Crombez and Liesbet Goubert
3 What are the mechanisms of chronic pain? Bruce L. Kidd

3 Assessment

4 Assessment of pain in patients with rheumatic diseases Tuulikki Sokka
5 Assessment of neuropathic pain Ellen Jørn
6 Diagnostic nerve blocks in chronic pain Nikolai Bogduk

4 Spinal Pain

7 Neck pain Robert Ferrari and Anthony S. Russell
8 Low back pain Maurits van Tulder, Bart Koes and Claire Bombardier
Low back pain from a clinical point of view Aage Indahl
9 Self-care techniques for acute episodes of low back pain Sherri Weiser, Marco A. Campello, Margareta Nordin and Markus Pietrek
10 Advances with analgesics and NSAIDs for the treatment of spinal disorders J. A. Desmeules, V. Rollason, C. Cedraschi, V. Piguet, A.-F. Allaz and Pierre Dayer
11 The contribution of psychosocial factors to long-term disability and work loss Amanda C de C Williams and Nicholas Kendall
12 Steroid injections: effect on pain of spinal origin Les Barnsley, Mary McLoone and Andrew Baranowski
13 Radiofrequency procedures in chronic pain Nikolai Bogduk and Susan M Lord

5 Regional Pain

14 Clinical examination as a tool for identifying the origin of regional musculoskeletal pain Bernard Fouquet
15 Limb pain Michael Shipley
16 Diagnosing regional pain: the view from primary care Peter Croft
17 Injection therapies for soft-tissue disorders Cathy Speed
18 Treatment options for regional musculoskeletal pain: what is the evidence? Krysia Dziedzic, Joanne L. Jordan, Julius Sim and Elaine M. Hay
19 Fibromyalgia: Interdisciplinary approach Peter Keel
20 Efficacy of rehabilitative therapy in regional musculoskeletal conditions: An update Edwin Yoshiyuki Hanada

6 Chronic widespread pain

21 The epidemiology of chronic generalized musculoskeletal pain Jan Tore Gran
21 An update on the epidemiology of chronic generalized musculoskeletal pain in the light of recent publications Karin Forseth
22 Chronic widespread pain (CWP) and fibromyalgia (FM) Richard E. Harris and Daniel J. Clauw
23 Pharmacological therapies in fibromyalgia (chronic widespread pain) Srinivas G. Rao and Robert M. Bennett

7 Acute and postoperative pain

24 How to implement an acute postoperative pain service – an update Harald Breivik, Michele Curatolo, Geir Niemi, Håkon Haugtømt, Gunnvald
8 Management strategies

27 Pain management and quality in healthcare Lesley A. Colvin and Ian Power
28 Drug combinations for pain treatment: A review of the published evidence and methods to find optimal combinations Gorazd Sveticic and Michele Curatolo
29 How do we manage chronic pain? Hans-Georg Schaible and Horacio Vanegas
30 Recommendations for using opioids in chronic non-cancer pain Eija Kalso, Clare Allan, Paul L.I. Dellemijn, Clara C. Faura, Wilfried K. Ilias, Troels S. Jensen, Serge Perrot, Leon H. Plaghki and Michael Zenz
Update Leon Plaghki