Useful websites for more information - Physiotherapy

**PAIN**
Understanding Pain  
www.youtube.com/  
Search: “Understanding Pain (Whiteboard Medical Animation)” - first link

**What is Chronic Pain? – Factsheet**  
www.painaustralia.org.au/  
-Health Professional, -Patient Resources and Fact Sheets, -Managing Chronic Pain

**Chronic Pain Australia – Understanding the physiology of pain.**  
www.chronicpainaustralia.org.au/

**General Management of Pain**  
www.painmanagement.org.au

**ACI Pain Management Network**  

**MANUAL HANDLING / POSTURE**
Lifting Techniques  
www.youtube.com/  
Search: “Lifting from the floor” - first link

**Sitting**  
www.youtube.com/  
Search: “Why sitting is bad for you” - first link

**CONTINENCE**
Australian Continence Foundation  

**GENERAL HEALTH**
Staying Active and On Your feet  
www.activeandhealthy.nsw.gov.au  
-Your active and healthy guide, -PDF

**Australian Physical Activity Guidelines**  
www.health.gov.au  
Search: Physical Activity Guidelines

**Better Health Channel**  
-Posture, Falls

**The Heart Foundation**  

**ORTHOPAEDIC CONDITIONS/ WALKING AIDS**  
http://orthoinfo.aaos.org/

**Advice for Managing Injuries: Rest, Ice, Compression, Elevation**  
Search: RICE

**ARTHRITIS**
Arthritis Australia  

**SLEEP**
Sleeping Posture – FAQ: Search-Sleeping Posture  
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