**Introduction**

Rate how useful you found this video (1-10)    

Rate how well you understood the video content (1-10)      
       

**Physiology of pain**

Rate how useful you found this video (1-10)    

Rate how well you understood the video content (1-10)    

Central sensitisation is important in chronic pain? True,False  

In chronic pain there is often no on-going tissue damage, and chronic pain serves no purpose that we know of. True,False  

Muscle spasm and deconditioning play no part in chronic pain. True,False    
       

**Pacing**

Rate how useful you found this video (1-10)    

Rate how well you understood the video content (1-10)    

Pacing of your activity is an important part of pain management. True,False  

Finding a baseline level of activity that you can work from is not important?  True,False  

You should pace to pain. True,False    
       

**Stress and relaxation**

Rate how useful you found this video (1-10)    

Rate how well you understood the video content (1-10)    

Stress is a normal process in your body. True,False  

Which one of these is not typically an effect of stress on the body?

Tachycardia (fast pulse rate)    
Increased breathing rate    
Headache    
Reduced blood pressure    
Sweating  

Relaxation will work in all circumstances and situations. True,False    
       

**Stretches and Exercises (sitting down)**

Rate how useful you found this video (1-10)    

Rate how well you understood the video content (1-10)    

Do you think that you will be able to implement some of these movements in your daily life? True,False    
How often do you think that you will be able to put some of those movements  into practice?

Once a week or less    
2 or 3 times a week    
4 to 6 times a week    
once a day    
more than once a day    
       

**Stretches and exercises (standing up)**

Rate how useful you found this video (1-10)    

Rate how well you understood the video content (1-10)    

Do you think that you will be able to implement some of these movements in your daily life? True,False    
How often do you think that you will be able to put some of those movements  into practice?

Once a week or less    
2 or 3 times a week

4 to 6 times a week   
once a day    
more than once a day    
       

**Pain flares**

Rate how useful you found this video (1-10)    

Rate how well you understood the video content (1-10)    

A pain flare is an increase in intensity of your usual chronic pain. True,False  

A pain flare plan is a useful tool in managing chronic pain. True,False  

The best time to develop a pain flare plan is during a pain flare. True,False  

**Sleep**

Rate how useful you found this video (1-10)    

Rate how well you understood the video content (1-10)    

Pain and sleep are closely linked? True,False  

There are 3 main stages in your sleep cycle True,False  

Sleep is beneficial for muscle regeneration and memory? True,False