**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

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**Pain flares**

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

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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