

*The Basic Science of Pain. An Illustrated and Clinically Orientated Guide*

*Edited by Philip Peng & Oscar de Leon-Casasola.*

*Philip Peng Education Series, 2016.*

*Electronic book, 183 pages, \$9.99 CAD.*

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Educating chiropractic students and practicing clinicians on the multidimensional nature of pain can be a difficult task. In this electronic book (available on iPad, iPhone, and Mac), the editors, along with distinguished researchers and clinicians, aimed to present the basic science of pain and its clinical application in a concise and interactive manner. The target readers of this book are trainees in pain-related programs, clinicians who treat pain, and others who are interested in better understanding the multidimensional nature of pain.

The book has four chapters: ascending pathways, descending mechanisms, visceral pain, and brain imaging. The chapters are split into basic science and clinical perspective sections. The basic science sections describe important concepts, such as the difference between nociception and pain. These sections clearly outline the numerous mechanisms and locations where nociception can be facilitated or inhibited and how this may contribute to the pain experience. The clinical perspective sections include topics such as: available analgesics, the impact of placebo and nocebo effects, how psychosocial factors can modulate pain, how common interventions such as yoga and meditation may be helpful, and referred pain mechanisms and clinical importance. Clinical conditions that chiropractors commonly see are discussed, such as low back pain and headache. The clinical perspective sections also nicely highlight emerging basic science research, current uncertainties, and allude to novel pain treatments that may arise in the future.

As this is an electronic book, words can be searched, defined, and easily underlined or highlighted. Notes can also be made, which automatically transfer between devices that contain the book and are connected to the Internet. Further, this book enhances learning through illustrations, interactive content, and videos to supplement the text. This multimedia platform makes complex concepts easily digestible, such as the difference between central sensitization, long-term potentiation, and wind-up. Although this book aims to focus on the basic science of pain, an

expansion of the content related to the clinical evaluation of patients experiencing pain may increase practicing clinicians' receptivity to this book. A weakness noted in this book was the occasional lack of flow and consistency in terminology between the chapters and sections with different authors. However, this did not significantly impact the overall take-home messages of the book. Another weakness is that the book can only be obtained through iTunes on devices meeting specific iBooks requirements, limiting accessibility to some potential users.

Overall, this book fulfilled its aim. It is suitable for chiropractic students eager to learn more about pain, as well as chiropractic educators looking to update their knowledge of pain to enhance their teaching. Although this book is not specific to chiropractic practice, it is highly relevant to all practicing chiropractors as it may facilitate a better understanding and treatment of the sensory, emotional, cognitive, and social components of patients' pain. This well-referenced electronic book is a valuable pain resource and is highly recommended, especially given its practicality and low cost.

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