

Voorwoord

In parallel with the rapid expansion of the scientific knowledge and understanding of pain processing mechanisms has been physiotherapy interest in these phenomena. It has almost been an epiphany for physiotherapists treating musculoskeletal pain conditions - that underlying pain processes could potentially explain the reason for poor health outcomes and lack of treatment response in a significant proportion of their patients, particularly those with an already chronic condition.

But with increased knowledge comes the clinical physiotherapist's dilemma – how can this new scientific understanding be translated into clinical practice? How should these factors be assessed and what are the implications for treatment change?

Centrale sensitiseringspijn in de klinische praktijk authored by Prof Dr Jo Nijs provides a solution to this problem. The book commences with a chapter explaining the physiology of pain and chronic pain including central sensitization. Next the readers are informed about how clinicians can differentiate between a predominant nociceptive, neuropathic and central sensitization clinical pain presentation. These concepts are then expanded upon by demonstrating how this conceptualisation can be translated to clinical conditions including chronic low back pain and pain in cancer survivors. The book provides a case report, written in full, to illustrate the clinical reasoning process in a patient with chronic Whiplash Associated Disorder by outlining the patient's assessment and treatment taking the physiology of pain into account. The final part of the book focusses on treatment options for central sensitization pain.

If you are a physiotherapist and you see patients with chronic musculoskeletal problems then this book is an invaluable resource to understand and incorporate up to date evidence based knowledge around pain processing into practice. If you teach at any level of a physiotherapy program, this book will allow you to facilitate the translation of scientific research to students' new to concepts of clinical management. If you are a student it will help to demystify complex physiology into clinical interpretation. Centrale sensitiseringspijn in de klinische praktijk captures the wisdom of Prof Dr Nijs' extensive research in this area and its relevance to clinical physiotherapy practice. There is no doubt of the contribution it will make to clinical practice and it is hoped that an English version is on the way.

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Centrale sensitiseringspijn in de klinische praktijk

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