

Podcasts

Podcast Name	Where to find it?	Why it's good ...
Invisible not broken – chronic illness podcast	PlayerFM website & Podcast app	An interview style podcast for people with chronic illness, invisible illness, disability and chronic pain.
Back in control radio	PlayerFM website & Podcast app	Discover how to conquer debilitating chronic pain by using a ground-breaking, self-directed approach pioneered by Dr. David Hanscom.
Pelvic Pain podcast – the real story about chronic pain	PlayerFM website & Podcast app	This podcast is hosted by the co-author of “A headache in the Pelvis” and looks at the frequent misunderstanding and mistreatment of chronic pelvic pain syndromes.
Speaking out on pain management	PlayerFM website & Podcast app	Each episode looks at a fresh perspective from members of health care professionals on the front lines to chronic pain. It explores treatments and pain management strategies.
How to reduce your chronic pain	PlayerFM website & Podcast app	This podcast looks at strategies for restoring hope, improve fortitude and reduce chronic pain.
Undiagnosed – the chronic pain podcast	PlayerFM website & Podcast app	This is a podcast authored by a chronic pain sufferer and her pursuit for diagnosis and treatment.
This is not what I ordered: a podcast in fullhearted living	PlayerFM website & Podcast app	An open, honest, humorous and inspiring interview-style podcast. Hosted by a psychotherapist, interviewing people living with chronic illness.

Painiac. Living well even when it hurts	Podcast app	A podcast on mindfully living with chronic pain.
Life Matters ABC Radio National “Managing Chronic Pain”	Podcast app or ABC website	This episode talks with 2 women who live with chronic pain after a car accident and the international pain specialist E.PhD David Morris.
ABC Nightlife “Living with chronic pain”	Podcast app or ABC website	Dr Chris Hayes discusses how we can rewire the way we treat pain.
ABC Nightlife” Beyond Chronic Pain”	Podcast app or ABC website	Tony is joined by Petra King from the Quest for Life Foundation to get an insight into living with chronic pain and moving on from it.
Painopolis. The podcast for people with chronic pain.	Podcast app	This podcast brings you riveting pain journeys, empowering perspectives, a multitude of resources and gameo-changing strategies for managing pain.
A Healthy Curiosity	PlayerFM website & Podcast app	This podcast explores self-care strategies, personal growth and alternative medicine.
Pain Waves	PlayerFM website & Podcast app	A podcast where you can hear leading chronic pain experts and people living with chronic pain discuss the latest in pain management research, tools, stories and trends.