

Pain neuroscience education

Around 20% of patients undergoing surgery for [lumbar radiculopathy](#) develop [chronic pain](#) after [surgery](#), leading to high socio-economic burden. Current [perioperative interventions](#), including [education](#) and [rehabilitation](#), are not always effective in preventing prolonged or chronic [postoperative pain](#) and [disability](#).

Goudman et al., proposed a shift in educational intervention from a biomedical towards a [biopsychosocial](#) approach for people scheduled for lumbar surgery. [Pain neuroscience education](#) (PNE) is such a biopsychosocial approach which aims at decreasing the threat value of [pain](#) by reconceptualizing pain and increasing the patient's knowledge about pain.

In a paper they provides a clinical [perspective](#) for the provision of perioperative PNE, specifically developed for patients undergoing surgery for lumbar radiculopathy. Besides the general goals of PNE, perioperative PNE aims to prepare the patient for post-surgical pain and how to cope with it ¹⁾.

Unclassified articles

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