

June 25, 2026



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AAPM NEWS

New Podcast: A Patient Advocate's Perspective on Acute Low Back Pain

AAPM

The latest episode of Pain Matters features Tom Norris, a chronic pain advocate and contributor to AAPM's draft **Acute Low Back Pain Guideline**, sharing the patient perspective on guideline development and pain care.

Hosts Sudheer Potru, DO, FASA, FASAM, and Zafeer Baber, MD, explore the importance of patient-centered communication, nonpharmacologic treatment options, and why involving patients in developing clinical guidelines leads to more practical, meaningful care.



Whether you're a clinician or researcher, this episode offers valuable insights into improving outcomes through collaboration and shared decision-making.

[Listen to the latest episode of Pain Matters →](#)

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Last Chance: Apply to Be an AAPM Resident Ambassador

AAPM

The deadline to apply for the **AAPM Resident Ambassador Program** is **tomorrow**. Residents interested in representing AAPM, expanding their professional network, and promoting Academy resources at their training programs are encouraged to apply.

Current Resident Ambassadors must also reapply to be considered for the upcoming program year. Ambassadors gain leadership experience, connect with peers and mentors, and help strengthen the next generation of multidisciplinary pain medicine.



Don't miss your opportunity to get involved. [Submit your application by tomorrow →](#)

PAIN MEDICINE JOURNAL

AAPM Consensus Guidelines on Neuromodulation Technologies and Neurocomputer Interfaces for Pain Management and Functional Recovery

Pain Medicine

This study aimed to provide an evidence-based framework for healthcare professionals to use neuromodulation technologies to restore neuromuscular function and relieve pain. [Read More](#)



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compliance, real-time patient functional and medication monitoring, and patient education. Providers reduce risk, improve outcomes, and gain significant operational efficiency while unlocking new revenue streams. OPOS transforms chronic pain management into safer, more effective, data-driven care. [Learn More](#)

PAIN RESEARCH NEWS

The Effect of Reflexology Massage on Pain and Quality of Life in Diabetic Patients With Neuropathic Pain: A Systematic Review and Meta-Analysis

Pain Management Nursing

Diabetic neuropathy causes persistent pain and reduced quality of life for millions. Researchers analyzed trials to test reflexology as a complementary treatment. Early findings suggest measurable relief and improved well-being, pointing to a simple, low-cost care option. [Read More](#)

Oromucosal Administration of a Cannabidiol-Enriched Cannabis sp. Extract for 2 Weeks Moderately Reduces Cold Hyperalgesia in Rats With Neuropathic Pain

European Journal of Pain

Chronic neuropathic pain involves complex interactions between resident and peripheral immune cells, as well as modulation of the endocannabinoid system. Cannabis-based products have emerged as promising therapeutic options, but their effects on immune cells remain unclear. [Read More](#)

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CLINICAL TRIALS AND FUNDING OPPORTUNITIES

Core Stabilization Exercises and Myofascial Release Techniques Elevate Pressure-Pain Thresholds, Suggests Study

Medical Dialogues

A recent randomized clinical trial published in the Indian Journal of Orthopaedics in May 2026 highlights a breakthrough in rehabilitative care, demonstrating that integrating core stabilization exercises with myofascial release technique significantly elevates pressure pain thresholds and delivers superior pain reduction compared to exercise alone. [Read More](#)

INDUSTRY NEWS

Improved Performance, Freedom of Movement and Less Pain: How to Start a Mobility Practice

The Guardian

Fitness is often measured through numbers: how much weight a person can lift, or how fast or far they can run. But one important metric is harder to quantify: mobility. Mobility gets overlooked, because the relevant exercises do not "have the instant visual appeal of traditional workouts", says Tyler McDonald, certified personal trainer and senior brand manager for the National Academy of Sports Medicine. [Read More](#)

Building on Early Progress in Physician Well-Being

AMA

For Henry Ford Health, earning Bronze-level recognition was not a cue to pause. Instead, leaders used feedback from that process to pinpoint what needed to improve — from leadership development to team survey measures and physician efficiency tools — as they prepared their next push toward Silver-level recognition. [Read More](#)

AAPM E-NEWS

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