

July 2, 2026



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As we reach the middle of the year, AAPM would like to offer this look back at some of the biggest news items and areas of interest from the first half of 2026. These are the most-read articles from AAPM E-NEWS so far this year.

INDUSTRY NEWS

No Interaction Between Physical Activity and Body Mass Index on Chronic Pain: A Cross-Sectional Study

European Journal of Pain

From May 28: Chronic pain is a widespread condition with significant individual and societal impact. Overweight has been associated with a higher risk of chronic pain, whereas physical activity may act as a protective factor. The aim of this study was to investigate whether physical activity and BMI interact in their association with chronic pain, and whether this interaction differs across age groups. [Read More](#)

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Characterisation of Chronic Pain Syndrome in Patients With Functional Neurological Disorder

European Journal of Pain

From March 5: Functional neurological disorders are characterized by the presence of motor, sensory or cognitive neurological symptoms not explained by a recognized neurological disorder. Chronic pain is not part of the diagnostic criteria for functional neurological disorders, but these two conditions frequently coexist. [Read More](#)

A Systematic Review of Physical Activity-Based Interventions to Prevent or Reduce Chronic Post-Surgical Pain

Pain Medicine

From April 16: One potential risk after surgery is the development of chronic post-surgical pain. Physical activity has emerged as a potential non-pharmacological approach for reducing the risk of chronic post-surgical pain. This systematic review synthesized and evaluated the current scientific evidence on the use of physical activity-based interventions for the prevention or reduction of chronic post-surgical pain. [Read More](#)

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Dose-Response Effects of Transcutaneous Electrical Nerve Stimulation for Chronic Low Back Pain: A Systematic Review and Meta-Analysis

From Feb. 19: Transcutaneous electrical nerve stimulation is a widely used non-pharmacological method for pain management, though its effectiveness in individuals with chronic low back pain is uncertain. Previous studies and systematic reviews have not systematically analysed the influence of transcutaneous electrical nerve stimulation dosing parameters on treatment outcomes. [Read More](#)

Development and Validation of the Brief Inventory of Treatment Expectations in Chronic Pain

European Journal of Pain

From Feb. 12: Expectations shape therapeutic outcomes, yet their systematic assessment remains limited in clinical and research settings. To address this gap, researchers developed and validated the Brief Instrument for the Assessment of Treatment Expectations in Chronic Pain using Item Response Theory. [Read More](#)

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Cost Savings and Quality-of-Life Gains Associated With the Use of an AI-Powered Digital Tool for Self-Management of Chronic Pain Based on a Multicenter Cohort Study

Pain Medicine

From May 14: Chronic pain is a highly prevalent disease, leading to high healthcare costs, impaired productivity and decreased quality of life. An artificial intelligence-powered, digital tool for self-management (Paindrainer™) has been shown to be an effective treatment in chronic pain and may have potential to reduce the burden on costs and quality of life. [Read More](#)

Effects of Tetrodotoxin on Safety, and Sensory and Respiratory Systems: A Dose-Escalating Study in Healthy Volunteers

European Journal of Pain

From April 2: Chronic pain affects approximately 1.5 billion individuals worldwide, and currently available treatments often fail to provide adequate analgesia. Consequently, there is a need to explore novel analgesic compounds, including tetrodotoxin. In this study, researchers evaluated sensory and respiratory biomarkers of tetrodotoxin exposure in healthy volunteers. [Read More](#)

Subfailure Capsule Strain as the Cause of Cervical Zygapophysial Joint Pain After Whiplash

Pain Medicine

From March 19: The cause of neck pain after whiplash is regarded as unknown, but Bioengineers have published studies implicating subfailure injuries of the cervical zygapophysial joints as a leading cause of pain. [Read More](#)

The Safety and Effectiveness of Lumbar Transforaminal Injection of Sterile Amniotic Fluid Filtrate Compared to Steroid for Lumbosacral Radicular Pain Due to Spinal Stenosis

Pain Medicine

From April 9: Radicular symptoms from lumbosacral spinal stenosis are commonly managed with conservative measures, including transforaminal epidural steroid injection. However, repeated use may cause systemic side effects in some patients. Human amniotic fluid filtrate, containing anti-inflammatory, neuroprotective and regenerative factors, has shown therapeutic potential in pre-clinical models and other medical conditions. [Read More](#)

Lateral Atlantoaxial (C1-C2) Joint Steroid Injections: A 22-Year Retrospective Characterization of Technique and Clinical Outcomes

Pain Medicine

From Feb. 19: Intra-articular injection of the lateral atlantoaxial joint is used for occipital pain; however, limited literature exists on technique demonstration, adverse event reporting and real-world clinical outcomes. This study was designed to characterize procedural technique, describe clinical outcomes and report subsequent cervical fusion rates following lateral atlantoaxial joint injections. [Read More](#)

AAPM E-NEWS

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