



# Power Through Pain 2.0: Overcoming Amplified Musculoskeletal Pain Syndrome

*Elizabeth Elster Tucker*

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Power Through Pain 2.0 provides new research and insights to a rarely recognized and frequently misdiagnosed pediatric chronic pain disorder, called Amplified Musculoskeletal Pain Syndrome (AMPS). This updated version provides a personal account of the author's story, insights, and advice for success in the physical therapy treatment program.

In addition to the author's personal story and lessons learned for success in treatment, Power Through Pain 2.0 discusses the mental, psychological, and social ramifications of having an amplified pain syndrome as an adolescent. This book is a valuable tool both for providing hope to patients and for assisting family and friends in developing a greater understanding of AMPS and how they may play a part in healing.

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