



COMPLEX REGIONAL PAIN SYNDROME OR CRPS

Complex Regional Pain Syndrome, or CRPS, formerly known as RSD (Reflex Sympathetic Dystrophy) is a progressive disease of the Autonomic Nervous System, and more specifically, the Sympathetic Nervous System.



The pain is characterized as constant, extremely intense, *and out of proportion to the original injury*. The pain is typically accompanied by swelling, skin changes, extreme sensitivity, and can often be debilitating. CRPS usually affects one or more of the four limbs *but can occur in any part of the body and in over 70% of the victims it spreads to additional areas*.

CRPS is ranked as the most painful form of chronic pain that exists today by the McGill Pain Index.

There are FOUR Main Symptoms/Criteria of CRPS:

1. **Constant chronic burning pain** -This symptom also includes allodynia which is an extreme sensitivity to touch, sound, cold, sound, and vibration.
2. **Inflammation** - this can affect the appearance of the skin, bruising, glossy, mottling, tiny red spots, shiny, purplish look; as well as affect the skin temperature of the affected area, cause excessive sweating, etc.
3. **Spasms** - in blood vessels and muscles of the extremities.
4. **Insomnia/Emotional Disturbance** - includes major changes to the limbic system such as short-term memory problems, concentration difficulties, sleep disturbances, confusion, etc.

Additional Symptoms to be aware of;

- Burning pain feels like acid or gasoline poured on your body
- Pain continues long after original injury has healed
- Motor abnormalities such as tremors, weakness, and coordination issues
- Migraines and/or cluster headaches
- Pain can be described as crushing, shooting, throbbing, aching, tingling, or stabbing

Who Gets CRPS? What Ages Are Affected?!

Anyone of any age can get this disease. 75% of the victims are women. The majority of these women develop the disease in their 30's and 40's but doctors are seeing more children with CRPS every year.

IMPORTANT NOTE - Unless absolutely necessary do not apply ice to the affected area and if it is necessary then be sure to use it as sparingly as possible for very brief periods. The application of ice for CRPS patients can damage the myelin sheath.

For more information please visit our website - RSDHope.org; Email - RSDHope@mac.com;
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All information courtesy of American RSDHope