

Complex Regional Pain Syndrome (CRPS)

Overview

CRPS is a poorly understood condition where a person experiences persistent severe and debilitating pain that is seemingly disproportionate in time or degree to usual course of pain after trauma or other lesion. The pain usually only affects one limb, but it can sometimes spread to other parts of the body. The skin of the affected body part can become so sensitive that a slight touch, bump or even change in temperature can cause intense pain. Affected areas can also become swollen, stiff or undergo fluctuating changes in colour or temperature. CRPS often gradually improves over time, but some people with CRPS experience pain for many years.

Causes of CRPS

The cause of CRPS is not clearly understood, but it may be the result of the body reacting abnormally to an injury. It used to be thought that CRPS was a psychosomatic condition, where the symptoms are “all in the mind”, but research has disproved this.

Treating CRPS

There is currently no definite cure for CRPS but there are a number of treatments that can help manage the symptoms. There are four main types of treatment.

- Education and self-management – being given clear information about your condition and advice on any steps you can take to help manage it yourself- massage the area affected gently and frequently.
- Physical rehabilitation – this is essential in helping recovery. Physical therapy exercises including stretching and weight bearing, manage symptoms and reduce the risk of long-term physical problems. Recovery is ongoing and may take months or sometimes years.
- Pain relief – treatments to help reduce your pain
- Psychological support – treatments to help you cope with the emotional impact of living with CRPS such as cognitive behavioural therapy (CBT)

Because of the complex nature of CRPS a number of different healthcare professionals will usually be involved in your care.

Further information

www.nhs.uk/Conditions/Complex-Regional-Pain-Syndrome

www.crps-uk.org

If you have any comments about this leaflet or the service you have received you can contact :

Pain Clinic
Telephone: 01422 224085

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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