



Complex Regional Pain Syndrome

What is Complex Regional Pain Syndrome?

Complex Regional Pain Syndrome (CRPS) is a condition where you have pain in one of your arms, legs, hands or feet for six months or longer. It is believed to be caused by damage to a nerve or your peripheral or central nervous systems aren't working properly.

What are the symptoms of Complex Regional Pain Syndrome?

CRPS symptoms of the affected body part may include the following: (being stressed may make these symptoms worse)

- A sharp pain or burning that is stronger than it should be after an injury
- Swelling or stiffness in your affected joints
- Loss of natural movement
- A change in nail and hair growth patterns on the affected body part
- Warmer or cooler skin than the opposite arm, leg, hand or foot
- A change in the color of the skin to pale, purple or red

How can Complex Regional Pain Syndrome be diagnosed?

There are no tests that can confirm if you have CRPS. Your provider will use your medical history and a physical examination to determine if you have CRPS. There is a special bone scan that may also help your provider make a diagnosis.

What are the treatment options?

Some possible treatments for CRPS are:

- Physical therapy
- Counseling
- Medications
- Injections
- Spinal cord stimulation (electrodes that deliver a low-voltage electrical current continuously to the spinal cord to block the sensation of pain).