

Chapter 57

Complex Regional Pain Syndrome



Ross Feller

What are the main symptoms of CRPS?	Swelling, pain, hyperesthesia/allodynia, sensory abnormalities, skin changes
What are the modalities available for diagnosis of CRPS other than history and physical examination?	Radiography (showing demineralization of the limb), triple phase bone scan, quantitative sweat test versus the contralateral limb, thermography, and diagnostic sympathetic nerve block
What changes occur in the transition to the chronic form of CRPS?	There is a transition from “warm CRPS,” which is dominated by inflammatory symptoms, to “cold CRPS,” characterized by autonomic dysfunction, atrophy, contractures, dystonia, hair/nail changes

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R. Feller, MD
The Warren Alpert Medical School of Brown University,
Providence, RI, USA
e-mail: rjfell.ross@gmail.com

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What has been shown in some studies to decrease rates of CRPS following distal radius fracture?	Vitamin C
What are other available treatment options for CRPS?	Bisphosphonates, calcitonin, occupational therapy (graded motor imagery and mirror therapy), oral steroids, acupuncture, spinal cord stimulation, sympathectomy, and in some severe cases, amputation
