

Complex Regional Pain Syndrome

- **Subtypes**

- **Type I (formerly known as reflex sympathetic dystrophy)**

- corresponds to patients with CRPS without evidence of peripheral nerve injury - represents about 90% of clinical presentations

- **Type II (formerly known as "causalgia")**

- refers to cases in which peripheral nerve injury is present

- **Budapest consensus criteria for the clinical diagnosis of CRPS**

- Continuing pain, which is disproportionate to any inciting event (allodynia)

- For the clinical diagnosis of CRPS, the patient must report **at least one symptom in three of the following four categories**

- Sensory: hyperesthesia and/or allodynia

- Vasomotor: temperature asymmetry and/or skin color changes and/or skin color asymmetry

- Sudomotor/edema: edema and/or sweating changes and/or sweating asymmetry

- Motor/trophic: decreased range of motion and/or motor dysfunction (weakness, tremor, dystonia) and/or trophic changes (hair, nail, skin)

- Other diagnostics (bone scan, x-ray (spotty osteolysis), autonomic testing)

- **Treatment**

- PT and OT - first-line therapies

- Pain management referral - pharmacotherapy

- Spinal cord or peripheral nerve stimulation