




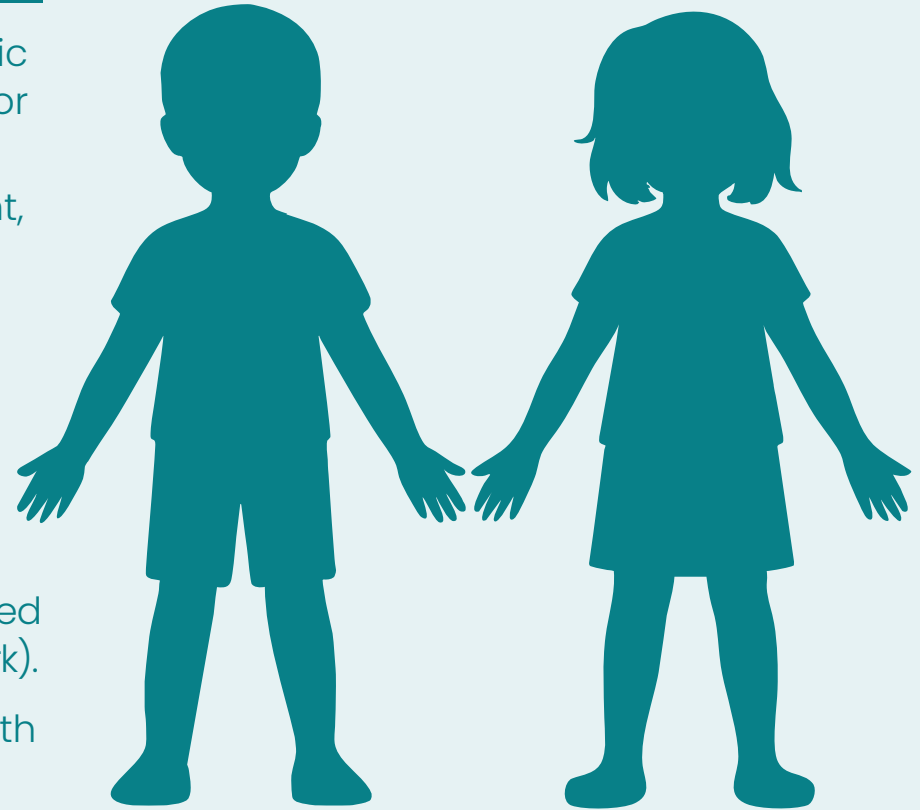


## What is Complex Regional Pain Syndrome ?

-  Complex Regional Pain Syndrome (CRPS) is a chronic primary pain condition, typically triggered by a minor injury or illness.
-  Symptoms are disproportionate to the original event, accompanied by functional impairment or emotional distress.
-  Pain is regional with distal predominance, not following a nerve territory and accompanied by autonomic or neuroinflammatory changes.
-  CRPS is a clinical diagnosis based on presence of signs and symptoms when there is no better explanation for the pain. Basic investigations are required to rule out other conditions (e.g. radiographs, bloodwork).
-  Most common in older children and adolescents, with a higher prevalence in females.



## Key Signs & Symptoms

- ✓ Prolonged intense pain in a limb associated with extreme sensitivity to touch or movement.
- ✓ Usual pain treatments are not helpful, such as immobilization and over-the-counter pain killers.
- ✓ Pain interferes with activities or emotional distress related to movement is present
- ✓ Temperature asymmetry or skin color changes.
- ✓ Pain from triggers not usually painful (e.g. light touch, gentle compression, slight movement).
- ✓ Symptoms change over time, but signs must be present at time of examination.
- ✓ Swelling or altered sweating.
- ✓ Reduced range of motion, weakness, tremor, dystonia or changes to skin, nails or hair.