

CRPS (Complex Regional Pain Syndrome)

CRPS is a syndrome characterized by pain, sensory and motor changes, and abnormalities in autonomic nervous system function in the affected body part:

- Burning pain
- Abnormally unpleasant skin sensitivity
- Swelling
- Changes in the color and temperature of the limb
- Limited range of motion
- Fearfulness (avoidance of using the affected area)
- Difficulties in the progress of rehabilitation

Diagnosis and referral to a physician → individualized rehabilitation in occupational therapy and physiotherapy.

Various methods are utilized in rehabilitation:

- Information about CRPS syndrome and recovery from it
- Observation of the nervous system and stress factors
- Evaluation of the need for aids and orthoses
- GMI (Graded Motor Imagery) activities:
 - ✓ Explicit Motor Imagery
 - ✓ Laterality training
 - ✓ Mirror therapy
- Desensitization with various materials
- Attention to the nervous system and alertness
- Mind-body functions (psychophysical functions)
- Exercises and carrying out activities as normal as possible
- Targeted exercises and/or strength training
- Monitoring/assessing body use
- Everyday choices and potential lifestyle changes
- Hobbies and other meaningful activities
- Assessment of need for assistive equipment or orthosis



Mirror therapy



Laterality
(ability to recognize right and left body part)



Stimulation of skin sensation/ desensitization



Ergonomics in
everyday tasks



Consideration
of limb use in
everyday life

Various activities performed multiple times a day
"There's no danger – this will be a success"

Rehabilitation activities:

Short in duration

Require commitment from the rehabilitee and the willingness to make changes in activities of daily living

