



Complex Regional Pain Syndrome (CRPS), also known as Reflex Sympathetic Dystrophy, is a chronic neurological syndrome characterized by:

- severe burning pain
- pathological changes in bone and skin
- excessive sweating
- tissue swelling
- extreme sensitivity to touch

CRPS can make every part of your life more difficult – your family, work and social life. However, there are treatments to help you feel better and cope with the changes in your life. CRPS is more common in women than men and the average age is the mid-30's.

Types of CRPS Include:

CRPS-I: This is also called reflex sympathetic dystrophy (RSD). CRPS-I refers to cases of CRPS that do not involve nerve injury.

CRPS-II: This is also called causalgia. CRPS-II refers to those CRPS cases in which one or more nerves are injured.

Signs of motor system dysfunction include the following:

- Difficulty starting movement
- Increased muscle tone, stiffness
- Muscle spasm
- Tremor
- Weakness

Physical Therapy & Exercise Treatments

Physical therapy for RSD/CRPS involves daily **range of motion exercises**. Patients are advised to avoid activities that could accelerate osteoporosis or cause joint injury. Working with your chiropractor for an exercise program for you will help in your treatment of symptoms.

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