



# Complex Regional Pain Syndrome (CRPS)

Also known as: Reflex Sympathetic Dystrophy Syndrome (RSDS) or Causalgia

Complex regional pain syndrome (CRPS) is an uncommon nerve disorder. It causes intense pain, usually in the arms, hands, legs or feet. It happens after an injury, either to a nerve or to tissue in the affected area. Rest and time may only make it worse. Doctors are not sure what causes it.

Symptoms in the affected area are

- Dramatic changes in temperature and color
- Intense burning pain
- Extreme skin sensitivity

The cause of CRPS is unknown, and there is no cure. It can get worse over time, and may spread to other parts of the body. Occasionally it goes away, either temporarily or for good. Treatment focuses on relieving the pain, and can include medicines, physical therapy and nerve blocks.

Source: NIH: National Institute of Neurological Disorders and Stroke  
<http://www.nlm.nih.gov/medlineplus/complexregionalpainsyndrome.html>

## Websites

### **Arthritis Foundation: Complex Regional Pain Syndrome**

<https://www.arthritis.org/diseases/complex-regional-pain-syndrome>

1355 Peachtree St NE, Suite 600

Atlanta, GA 30309

Phone: 404-872-7100

HelpLine: 800-283-7800

### **For Grace**

<http://www.forgrace.org/>

PO Box 1724

Studio City, CA 91614

Phone: 818-760-7635 (for media inquiries and speaking engagements only)

E-mail: [forgracewip@yahoo.com](mailto:forgracewip@yahoo.com)

For Grace works with media, healthcare professionals and policy makers to ensure ethical and equal treatment of all women in pain and to increase awareness of gender disparities in pain assessment and treatment. The organization dedicated its first five years to raising awareness about Complex Regional Pain Syndrome.

### **International Research Foundation for RSD/CRPS**

<http://www.rsdfoundation.org>

c/o Mary Davis, Executive Director

1910 East Busch Boulevard

Tampa, FL 33612

Phone: 813-995-5511

E-mail: [mdavis@rsdfoundation.org](mailto:mdavis@rsdfoundation.org)

The International Research Foundation for RSD/CRPS is a not-for-profit organization dedicated to education and research. The website provides clinical practice guidelines, study reports, and educational videos and DVDs. Information is available in the following languages: English, Spanish, French, German, Italian, Japanese and Chinese.

### **MedFriendly: Causalgia**

<http://www.medfriendly.com/causalgia.html>

### **Merck Manual for Health Care Professionals: CRPS**

[http://www.merckmanuals.com/professional/neurologic\\_disorders/pain/complex\\_regional\\_pain\\_syndrome.html](http://www.merckmanuals.com/professional/neurologic_disorders/pain/complex_regional_pain_syndrome.html)

### **Merck Manual for Health Care Professionals: Neuropathic Pain**

[http://www.merckmanuals.com/professional/neurologic\\_disorders/pain/neuropathic\\_pain.html#v1033831](http://www.merckmanuals.com/professional/neurologic_disorders/pain/neuropathic_pain.html#v1033831)

This overview of neuropathic pain includes a section on Complex Regional Pain Syndrome, including discussion of symptoms, diagnosis and treatment.

### **National Institute of Neurological Disorders and Stroke (NINDS): Complex Regional Pain Syndrome Fact Sheet**

[http://www.ninds.nih.gov/disorders/reflex\\_sympathetic\\_dystrophy/detail\\_reflex\\_sympathetic\\_dystrophy.htm](http://www.ninds.nih.gov/disorders/reflex_sympathetic_dystrophy/detail_reflex_sympathetic_dystrophy.htm)

NINDS provides information about CRPS: symptoms, causes, diagnoses, prognosis, treatments, links to studies, and research literature.

### **National Institute of Neurological Disorders and Stroke (NINDS): Complex Regional Pain Syndrome (CRPS) booklet**

<https://catalog.ninds.nih.gov/sites/default/files/publications/complex-regional-pain-syndrome.pdf>

## **National Organization for Rare Disorders (NORD)**

<http://www.rarediseases.org>

55 Kenosia Avenue

Danbury, CT 06810

Phone: 203-744-0100

Toll-free: 800-999-6673

NORD offers patients information through a Patient Information Center which people can call for information. Questions can also be submitted online through Ask the Nurse and Ask the Genetic Counselor. The Patient Networking Program links members to other patients and families dealing with the same disease.

NORDS's Rare Disease Database allows access to topics covered in the database and some associated abstracts. Full reports are available to database subscribers. Some public libraries, hospitals, and universities subscribe to NORD's Rare Disease Database for patients and families.

### **NORD: Reflex Sympathetic Dystrophy Syndrome**

<http://rarediseases.org/rare-diseases/reflex-sympathetic-dystrophy-syndrome/>

## **Reflexive Sympathetic Dystrophy Syndrome Association (RSDSA)**

<http://rsds.org/>

P.O. Box 502

99 Cherry St.

Milford, CT 06460

Phone: 203-877-3790

Toll-free: 877-662-7737

Email: [info@rsds.org](mailto:info@rsds.org)

RSDSA promotes awareness and education about CRPS to patients, their families and friends, and insurance and healthcare providers. The organization also raises money for research. The website has information for patients and medical providers and includes patient stories, newsletters, and a youth section.

## **UCLA Neurosurgery: Causalgia**

<https://www.uclahealth.org/neurosurgery/causalgia>

## **WebMD: Reflex Sympathetic Dystrophy Syndrome**

[http://www.webmd.com/hw/brain\\_nervous\\_system/nord184.asp](http://www.webmd.com/hw/brain_nervous_system/nord184.asp)

This site provides general information on RSDS as well as a list of resources.

## **Discussion Forums**

### **NeuroTalk Communities—Reflex Sympathetic Dystrophy (RSD and CRPS)**

<https://www.neurotalk.org/reflex-sympathetic-dystrophy-rsd-and-crps-/?s=a93387214f43d2528f4123e28a55655d>

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