



A patient led charity, raising awareness and supporting people with CRPS through experience, understanding and education

## Facts about CRPS

**Complex Regional Pain Syndrome (CRPS)** is a debilitating and disabling neurological disorder causing chronic pain. It most commonly occurs in a limb following a minor injury (such as a sprain or broken bone), surgery, or can appear spontaneously without known cause. CRPS is believed to be due to a problem in the central and peripheral nervous systems, resulting in some or all of the symptoms below:

- Feeling of burning or freezing sensation
- Hypersensitivity of the skin
- Changes in skin colour and temperature
- Changes in hair or nail growth
- Swelling or stiffness in affected limbs
- Difficulty moving

**CRPS is poorly understood** and people often fail to receive the information and treatment they need. This puts a strain on relationships with family and friends and can affect a person's ability to work. It is therefore, not uncommon for patients to require psychological intervention and support, alongside medical intervention, to deal with the particularly distressing nature of the condition.

**CRPS can go into remission and prognosis is good when treatment begins early.** However, for a small percentage of people it causes lifelong pain and disability.

**CRPS is NOT** a psychological illness.

**CRPS can strike any age** and affects men, women and children but statistics show it is more common in women.

**There is no single test for CRPS**, it is usually diagnosed by ruling out other conditions. Patients must have a particular set of symptoms which doctors and health professionals identify as Complex Regional Pain Syndrome.

**CRPS is difficult to treat** but physiotherapy, occupational therapy, hydrotherapy, psychological interventions and medications may be used to reduce symptoms.

**Very little is known or understood about CRPS. Around the world, research is taking place to improve understanding of the condition in order to discover more effective treatments.**

## Contact Us

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