

10a. Indicators of Complex Regional Pain Syndrome

Complex regional pain syndrome (CRPS) is defined as continuing regional pain out of proportion to the severity of the inciting event and beyond the normal time frame expected following the event.

It is thought to be caused by abnormal healing following a nerve or soft tissue injury and is a diagnosis of exclusion.

Rapid therapy for CRPS is likely to reduce long term disability.

A definition of recovery from CRPS has not yet been agreed. Limb signs such as swelling, sweating, and colour changes usually reduce with time, even where pain persists, but such reduction of limb signs is in itself not 'recovery'. Where pain persists, the condition is best considered to be active.