

CRPS – 1 PROGRESS ALGORITHM

Diagnostic Criteria for Complex Regional Pain Syndrome?
Other source of nociception?
Duration of disease
Previous diagnosis and results of treatment

85% had high hypnotic capacity and could use hypnosis to modify labile features of the illness

Testing for hypnotizability

15% had low hypnotic capacity unable to modify labile features of CRPS using autogenic techniques.

Patients learned and used self hypnosis to reduce pain and other labile features of the disease. No physical or psychological maintaining factors evident

Position 1

Inconsistent ability to modify labile features of CRPS.
Presence of other source of pain such as nerve entrapment, neuroma, mononeuropathy or joint pathology found.

Nicotine use always associated with failure to respond

Position 2

Patients demonstrated good ability to modify labile symptoms of CRPS using hypnosis but were inconsistent in its use.

History of dissociative experiences from pain or other events in life. Course marked by paradoxical responses, ambivalence, defense, motivational or other issues.

Position 3

Integration of direct symptom based hypnosis with medical and rehabilitative treatment led to long term remission.

Physical pain source maintains autonomic trigger for the disease
Surgical treatment of lesion maintaining CRPS was possible without flare after learning autogenic control.

Diagnosis CRPS-1 in question for some patients.

*Remission in many cases after cessation of nicotine.**

Management goal: Discovery of factors preventing consistent use of demonstrated ability to modify labile features of CRPS using hypnosis.
Issues addressed were dissociative, addictive or motivational.
Complex hypnotherapeutic and psychological intervention.

Position 4

Clinical trials of standard curative or palliative treatment

Correction of maintaining factor

Maintaining factors did not respond to treatment

LONG TERM REMISSION IN 60% OF SAMPLE

Position 5

A small minority of patients with presenting features of RSD/CRPS do not match this algorithm

Position 6

NO REMISSION IN 40% OF SAMPLE

Position 7