

Effects of A Combined Treatment Protocol in Chronic Regional Pain Syndrome

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Abstract

Objective: Chronic regional pain syndrome (CRPS) is one of the most important and worst types of peripheral nervous system, especially in upper extremity. The aim of this study was determination of the effect of a combined rehabilitation program in the treatment of patients with CRPS type I.

Materials & Methods: In this quasi-experimental and before-after study, 20 patients with chronic regional pain syndrome were selected simply and their pain, range of motion, edema and muscular strength were examined and recorded before intervention. Then, patients under went a combined treatment programs included some modalities from physical and occupation therapy. Patients attended at clinic for 20 therapeutic sessions with one day intervals. Finally, data were analyzed using paired t-test.

Results: Post operatively, pain and edema were decreased and range of motion and grip strength were increased significantly ($P > 0.05$).

Conclusion: The study demonstrated that early and combined physical and occupational therapy are efficient in the treatment of patients suffering from CRPS type I. This combined program can relieve pain and edema and increase ROM and grip strength.

Keywords: Chronic regional pain syndrome/ Rehabilitation/ Occupational therapy/ Physical therapy