Majority of Patients Develop CRPS After Injury or Surgery

- Sprain/Strain: 29%
- Post-Surgical: 24%
- Fractures: 16%
- Contusion/Crush Injury: 8%
- Spontaneous, Other or Unknown: 23%

Highlights of Recommended Rehabilitation Algorithm

Phase I
- Motivation
- Desensitization
- Reactivation

Phase II
- Flexibility
- Edema Control
- Diagnosis/Treatment of Myofascial Pain

Phase III
- Active ROM
- Stress Loading
- Scrubbing Techniques
- Aerobic Conditioning

Phase IV
- Normalization of Use
- Vocational/Functional Rehab

Return to Function