

What Is It Like To Live With CRPS?

People with **Complex Regional Pain Syndrome (CRPS)** have a very different perspective of the world we live in.

It is as though the switch in the nervous system that controls pain response is stuck in the "ON" position.

This leaves sufferers in a perpetual state of hypersensitivity, where even the mildest stimulus to the affected area can result in excruciating burning pain.

A hug from a child, a cool summer breeze, holding a cold glass of tea, taking a shower, even the texture and weight of clothing rubbing against skin is unbearably painful to many people with CRPS.

CRPS patients frequently describe feeling as though the affected area has been filled with white hot coals & plunged into a glacier fed river.

In addition to the burning hot and icy cold pain, many also have:

- involuntary muscle movement, tremors, jerks & cramps
- changes in hair & nail growth patterns,
- swelling
- color changes ranging from pale, to red & blotchy to purple
- decreased mobility
- muscle wasting / atrophy



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Hope Over Pain*

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Complex Regional Pain Syndrome (CRPS) aka Reflex Sympathetic Dystrophy (RSD)

