Complex Regional Pain Syndrome (CRPS)
Recommended care

youngpainhealth

Recommended

What science tells us is most likely to help

Researchers are still working on high quality research to guide high value care for CRPS.

But here are some key things you should expect of your care nonetheless:

high value

Management plans should include:

- Individual care including education and how to self-manage your CRPS
- Rehabilitation including appropriate exercises and strategies to reduce sensitivity
- Medication from your doctor if appropriate
- Referral to a rheumatologist or pain medicine specialist if appropriate

High value care is:

Effective
Evidence shows that it works to produce a positive effect

Safe
There is low risk of harm

Cost effective
Despite cost, the care provides benefit relative to other options

Low value care is:

Ineffective
Evidence shows that the care will provide no or very little benefit

Potentially harmful
The risk of harm is greater than any likely benefit

Not cost effective
If the care is unlikely to provide a benefit, the cost could be used on other care options

5 questions to ask your health care practitioner:

These are the recommended questions that you should ask your health professional/s about your CRPS to help you decide what the right care is for you.

1. Do I really need this test, treatment or procedure?
2. What are the risks?
3. Are there simpler, safer options?
4. What happens if I don't do anything?
5. What are the costs?

These questions help to make sure you end up with the right amount of care — not too much and not too little.

For more info see our pain condition and management modules.

(screenshot friendly)

Not recommended

What you should look out for as low value care and can cause harm for CRPS:

low value

- Opioids or other medications that are harmful (high risk of harm)
- Invasive techniques such as nerve blocks, IV medications, and surgery