



Positive Options for Complex Regional Pain Syndrome (Crps): Self-Help and Treatment (Paperback)

By Elena Juris

Hunter House Inc.,U.S., United States, 2014. Paperback. Condition: New. 2nd ed. Language: English. Brand new Book. Imagine if the mere breeze of an air conditioner were to send you into excruciating pain. For those suffering from Complex Regional Pain Syndrome (CRPS), historically called Reflex Sympathetic Dystrophy (RSD), this crippling neuropathic pain is an unrelenting reality. With symptoms such as swelling, hypersensitivity, stiffness, burning pain, and temperature abnormalities, CRPS can develop at any time and quickly leaves its victims disabled and isolated. This book explains CRPS in an accessible style for all readers, and provides the latest medical treatments, self-help techniques, complementary therapies, and holistic strategies for maximizing the potential for healing. Readers will find a wealth of tips on life modifications to help better manage their condition. They'll find two interviews with practitioners who offer insights every patient should know, with the help of pain specialist Edward Carden, MD, and occupational therapist and neurological acupuncturist Sheri Barnes. They'll find a discussion of complementary therapies to tailor to their needs. They'll find a list of "dynamite distractions" that can refresh the pain-wracked mind and help readers rediscover their imagination and humor, when they just need to take their mind off the...



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