

14-Year Old Tennis Player, Mild Fall, Severe Pain, Diagnosis of CRPS-1

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Objectives:

After discussing this case, the participant should be able to

- (1) Diagnose CRPS-1 and CRPS-2 in children and adolescents
- (2) Understand how the epidemiology of these disorders in pediatrics differs from those in adults
- (3) Understand some theories of pathophysiology of CRPS.
- (4) Develop management plans which include psychological / bio-behavioral approaches, physical therapy, and medications
- (5) Understand potential uses and limitations of somatic blocks and sympathetic blocks in this disorder.
- (6) Understand controversies regarding uses of systemic or neuraxial opioids, spinal cord stimulation, or neurodestructive sympathectomy in this disorder.

Key Questions:

1. What is your differential diagnosis?
2. How and why were the IASP criteria developed for CRPS-1 and 2?
3. Are any laboratory tests specific in the diagnosis of CRPS1 and 2? What about thermography, bone scans, autonomic testing, or quantitative sensory testing (QST)?
4. What is known about the role of psychological factors in either causing or perpetuating this group of disorders?
5. How and why is physical therapy helpful?
6. What are the advantages and disadvantages of different approaches to regional sympathetic and/or somatic blockade in these patients?
7. Medications: what is the evidence for efficacy for any of the following?
 - i. Tricyclic antidepressants
 - ii. Anticonvulsants
 - iii. Opioids?
 - iv. NSAID's
 - v. Calcium channel blockers
 - vi. Alpha-blockers
 - vii. Corticosteroids
8. Prognosis
9. Follow-up

References

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