CRPS FACEBOOK LIVE

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In May 2009 I developed the symptoms of CRPS.

It took many doctors to make the diagnosis.

We experimented with several medications before finding the right ones that began to bring a bit of relief.

Physical therapy with the RIGHT therapist was my turning point.
MY TREATMENT AND RECOVERY

WHAT WAS MOST EFFECTIVE?

Goal directed physical therapy
Moving!
Cymbalta and Topamax
Not reading about worst case scenarios
Believing I would get better
Finding doctors who cared and suited me
Maintaining activities that were possible
Not making CRPS my whole life
QUESTION: HOW TO USE COPING STRATEGIES FASTER WHEN FACED WITH NEW SYMPTOMS?

- Use it or lose it – break the brain pain cycle
- Find a knowledgeable physical therapist, must be goal directed
- Practice PT exercises at home, consistently!
- Experiment with medications, give them time (side effects)
- Activity scheduling
- Social support*
- Relaxation Strategies*
- Vitamins (Vitamin B12, Vitamin D, Vitamin C, Vitamin B3, Vitamin E)
- Sleep*
- Diet*
SOCIAL SUPPORT

- Family, Friends, Coworkers, Classmates
- Online support – with caution

1. How can we stay connected to loved ones during times of quarantine?
2. How do we cope with the loss of friends/family due to CRPS?
RELAXATION STRATEGIES

QUESTION: I WOULD LIKE TO SEE GUIDED IMAGERY IN DEPTH

DEEP BREATHING
GUIDED IMAGERY
MEDITATION (MY FAVORITE: THE BODY SCAN)

WARM BATH
LISTEN TO SOOTHING MUSIC
APPS: CALM, HEADSPACE
SLEEP (SLEEP HYGIENE FOR IMPROVED SLEEP)

- Shut all electronics an hour before bed
- Dim the lights an hour before bed
- Stop caffeine after 12pm (those with CRPS should limit caffeine in general)
- Limit alcohol
- Take a warm bath or shower
- Keep room cool (68 degrees)
- Keep room dark
- Only use bed for sleep/sex
- Do deep breathing or meditation or imagery as falling asleep
- If you cannot fall asleep in 20 minutes, get up, go to another room, do something soothing for 30 minutes, try again
GOOD FOODS: fish (w/Omega-3s, berries, broccoli, kale, spinach, avocados, decaf green tea, peppers, mushrooms, grapes, turmeric, EVOO, cherries, grass-fed organic meat, water

NOT-SO-GOOD FOODS: fried foods, junk food, refined carbs, sugary beverages, processed meats, trans fats, caffeine
How do you get an 18-year old who has had CRPS for 6 years and has been through multiple therapies, multiple medications, 6 weeks in Boston children's hospital, multiple psychologists and psychiatrists, to re-gain hope? To speak to a psychologist again? He's depressed, angry and has given up all hope that something will work.

How not to fear that it will come back if you're in remission?

Guilt because don't know how or why got remission?
COGNITIVE STRATEGIES

The ABCDE Model
Version taken from The Cognitive Behavioural Coaching Pocketbook
By Dorothy Spry
THANK YOU

ANY OTHER QUESTIONS?