

Important Articles & Videos for those are Newly Diagnosed

- <https://www.youtube.com/watch?v=b49DtFigbbw> (good video for family and friends who may not understand)
- <https://www.youtube.com/watch?v=PhE9Z9JUzz0&t=27s> (peripheral nerve stimulator for people with CRPS Type II)
- <https://rsds.org/educational-presentations> (our recent Facebook Live presentations)
- <https://rsds.org/existing-papers/#Surgery> (peer-reviewed articles on surgery with preexisting CRPS)
- <https://rsds.org/wp-content/uploads/2020/05/Early-Treatment-of-Acute-CRPS.pdf> (steroids are the go-to treatment for early onset CRPS)
- <https://rsds.org/how-crps-is-diagnosed/>
- <https://rsds.org/empower-yourself-with-the-latest-crpsrd-information/> (latest newsletters)
- <http://rsds.org/joinmembership/> Individuals can receive the newsletter via postal mail or email
- <https://rsds.org/medication-summary-intractable-pain-rsd/> Read Nancy Sajben blog Medication Summary for Intractable Pain, CRPS/RSD details good non-opiate medications.
- <https://www.youtube.com/watch?v=9fTqE-GFy3M> (good non-threatening video on desensitization)
- Watch Dr. Chopra's video: <https://www.youtube.com/watch?v=wloFDUqHA1g&t=653s> (just skip the diagnosis part and go to treatment. His main weapons are LDN & ketamine)
- Dr. Getson discusses the many different faces of CRPS: <https://www.youtube.com/watch?v=o9q6ApLysQ8>
- <https://rsds.org/youve-been-diagnosed-with-crpsrd-now-what/> the above page is the treasure trove-you can download or print out our introductory information packet, view some excellent videos, an excellent overview article by Steven Bruehl.
- Link to our peer-reviewed journal articles: <https://rsds.org/existing-papers/>
- Link to our YouTube videos of our conferences: <https://www.youtube.com/user/RSDSAofAmerica/>
- Free accredited on-line course for docs & nurses:
<https://rsds.org/accredited-course-on-crps-for-mds-and-rns/>
- Our stories of hope: <https://rsds.org/stories-of-hope/>
- other related websites and organizations: <https://rsds.org/related-web-sites/>
- Our weekly blog: <https://rsds.org/blog/>
- Our patient assistance application-one-time \$500 emergency patient financial grant:
<https://rsds.org/jenkins-patient-assistance-fund/>
- If individuals are not on opioids, LDN is a good anti-inflammatory compounded medicine
- <https://www.youtube.com/watch?v=wUnwbNsIk1c&t=75s> (warm-water therapy)
- <https://www.youtube.com/watch?v=iiagiUE6kxg&t=5s> (Brain Retraining)
- Good video on non-medical interventions with Dr. Melanie Levine, a practicing psychologist who also has CRPS:
<https://www.youtube.com/watch?v=Jj4bYhgBO14&t=104s>
- Hospital, Dental, and Emergency Department Guidelines: Dental - <https://rsds.org/wp-content/uploads/2020/12/Dental-Guidelines-11-24-2020.pdf>, Emergency - <https://rsds.org/wp-content/uploads/2020/12/Emergency-Department-Guidelines-11-24-2020.pdf>, Hospital - <https://rsds.org/wp-content/uploads/2020/12/Hospital-Guidelines-11-24-2020.pdf>