



## Living With Complex Regional Pain Syndrome (CRPS)



### Overview

If you're dealing with CRPS, you know how frustrating it can be. You hurt, and you don't know why. You feel like you should have healed by now, and no one can tell you why you aren't getting better. Although there's no cure for CRPS, there are things you can do to get some relief.

### Take an active role in your care

First, take an active role in your care. Schedule regular checkups. Develop a good relationship with your doctor. Ask questions when you don't understand something. Make sure to follow your doctor's advice. If your doctor prescribes medications for you, take them as directed.

### Focus on health

Focus on your health. Eat nutritious meals. Your doctor may recommend a diet designed to combat inflammation in your body. And if your doctor says it's OK, get regular exercise.

### Beat stress

Work on lowering your stress level. Things like yoga, meditation and deep-breathing exercises can help your mind focus on something other than pain.

### Therapy

If your CRPS is making it hard for you to manage daily tasks, physical and occupational therapy may help. You may even benefit from a service dog.

### Stay positive

Finally, stay positive. It's important that you don't lose hope. So reach out to others. Maintain connections with your loved ones and friends. These relationships help provide a support system for you. A support group may be helpful, too. And if you're depressed, tell someone. Talk to your doctor so you can get the treatment you need.

### Conclusion

If you take an active role in your care and follow your doctor's advice, you can learn to manage your symptoms and take back your life.