

Pain Management

Complex Regional Pain Syndrome (CRPS) formally know as Reflex Sympathetic Dystrophy (RSD)

What Is Complex Regional Pain Syndrome?

Many patients suffer from a debilitation condition called Complex Regional Pain Syndrome (CRPS), Type I and CRPS Type II; formally know as Reflex Sympathetic Dystrophy or RSD. Type I refers to cases that do not involve nerve injury and Type II involves nerve injury.

CRPS can result from various causes such as a sprain, strain, laceration, fracture, burn, crush injury, surgery and even from the repetitive use of an extremity (arm or leg). The exact cause is usually not known, but what is certain is the involved extremity is usually cool, sensitive (to touch), swollen, cyanotic (blue or purple) and very painful to use. There may be extreme sensitivity to movement of the joint, temperature changes, and excessive sweating. The disease can resolve on its own or advance through all III stages, leaving the patient limited with an inability to partially or totally use the involved extremity.

Treatments of CRPS/RSD

Early recognition and treatment of this condition is essential for full and functional recovery. A variety of treatments are available for CRPS. The initial treatment options may include medication therapy, nerve blocks, physical therapy, occupational therapy, psychotherapy, biofeedback, sympathetic blocks, and neurolytic blocks. Later treatment may include spinal cord stimulation or drug administration systems. Dr. Carrasco has extensive experience and training in the treatment of this condition.



Dr. Carrasco performs a lumbar sympathetic block



CRPS (RSD) with inversion of the foot



CRPS (RSD) with edema to the upper extremity



Treatments Available for CRPS/RSD at The Carrasco Pain Institute

- Therapeutic Injections/Treatment
- Diagnostic and therapeutic procedures, i.e. lumbar sympathetic blocks and stellate ganglion blocks with local anesthetic and neurolytic agents
- Botox Chemodenervation
- Spinal Cord Stimulation /Drug Administration System

Rehabilitation

- Protocol based rehabilitation including desensitization, fluidotherapy, gait training, strengthening, and correction of neuromuscular function.
- Functional Capacity Evaluation
- Work conditioning programs
- All of these are aimed at full restoration of function and return to work.



Rehabilitation

Treatment of Complex Regional Pain Syndrome (CRPS)

The Carrasco Pain Institute utilizes specific protocols based on objective measurements to assist in full functional recovery. A few of these will be discussed.

Desensitization for RSD - Different techniques are used to improve vascular stability such as paraffin, friction massage, weight bearing, emerging extremity into different textures (cotton, dry rice, popcorn, etc.), and touch with different materials (moleskin, felt, velvet, velcor, burlap, silk, etc.)

Gait Training - Instruction by the therapist to re-establish a normal pattern of walking, either with or without an assistive device.

Job-Specific Rehabilitation/Functional Restoration - These terms refer to exercises that strengthen the specific joints and muscles the patient will need to perform when he or she returns to work. Focus is placed on proper movement patterns and enforcing proper body mechanics with all movements in order to prevent re-injury.

Passive Range of Motion/Manual Stretching - Utilized when an individual is unable to move a joint through its full range of motion. This is performed by the therapist in order to stretch ligaments, tendons, and muscle tissues surrounding a joint in an effort to restore normal mobility and requires no effort from the patient.

Fluidotherapy - A dry superficial thermal physical agent transfers heat to soft tissues by agitation of heated air and fine particles of Cellux (ground up cobs that are about the size of grains of sand). Fluidotherapy increases blood flow, increases cell metabolism, helps with desensitization, and facilitates increased mobility.



CRPS/RSD Protocol

Phase I

- Neurovascular stabilization
- Improve range of motion by 50%
- Improve weight bearing & coordination

Phase II

- Decrease edema & pain surges
- Improve range of motion by 80%
- Increase strength to 60%

Phase III

- Normal appearance
- Full range of motion
- Full weight bearing & strength
- Functional capacity evaluation & return to work

Medical Spa

ThePainSpa™



Medical Rehab Massage

Rehab Massage is for individuals suffering from a recent onset of pain or ongoing persistent pain. This massage will begin with a pretreatment of Heat, Ultrasound, or E-Stim followed

by a massage focused on your area of muscle spasm, soreness, or aching.

The Medical Rehab Massage is available exclusively at The PainSpa™. You will receive specialized treatment tailored to meet your specific needs. If you have ongoing pain or a sudden onset of pain this massage is for you. The Medical Rehab Massage allows you to take control of your pain whether you use it to control ongoing pain or a sudden flare up of pain.

Cosmetic Botox giveaway – Register online to win

Hydrotherapy

Our hydrotherapy tub has 68 pressure jets programmed throughout the tub to create a massaging effect to specific body parts or the total body. Hydrotherapy incorporates exercises to improve circulation, range of motion, and overall use of the injured extremity.

Lymphatic Drainage

Lymphatic drainage is a process utilizing a symptomatic massage technique to decrease edema and swelling commonly seen in CRPS/RSD allowing for decreased pain and increased range of motion.

Noticias
News



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Lecture Series

October 2006
Complex Regional Pain Syndrome (RSD)

November 2006
Epidural Steroid Injections

December 2006
Shingles

The Next Issue

Pain Management
Shingles

Rehabilitation
Rehabilitation for Shingles

Medical Spa
Myofascial Release/Desensitization

Legend

1. Surgical Suite
2. Entry to La Hacienda De Salud
3. Carrasco Pain Institute Waiting Area
4. The Carrasco Pain Institute
5. Swollen hand of CRPS/RSD patient

Carrasco Pain Institute

Newsletter - Quarterly

Pain Management • Rehabilitation • Medical Spa

Volume I - Issue 3 / Fall 2006



Carrasco Pain Institute



Arnulfo Tarín Carrasco, M.D.

Welcome to our Institute. The response to our newsletter continues to be tremendous, and our reader's feedback is both positive and supportive.

This is our third newsletter. In this issue we will briefly introduce our readers to the diagnosis and treatment of a potentially debilitating condition called **Complex Regional Pain Syndrome**, formally known as **RSD**.

The diagnosis is made with the combination of signs, symptoms, and diagnostic studies.

Treatments for this condition are aimed at pain relief and restoration of function utilizing medications, sympathetic blocks, and goal-oriented rehab protocols.

More importantly, early recognition and treatment can lead to a full recovery and prevent the long term suffering that can occur in these patients.

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The Institute

The Carrasco Pain Institute and Dr. Arnulfo Tarín Carrasco, our Medical Director, are preparing to celebrate their 15th year anniversary. Over the past 15 years Dr. Carrasco and his staff have successfully treated many patients with pain and spasticity. We would like to take this opportunity to thank all of our patients, family, friends, and supporters.



internationally recognized authority in his field pain management, and lectures to other pain specialists in the United States and Mexico on the benefits of procedures and specialized treatments. He has been recognized in local and national publications and has been published for his research on the use of

Botox for low back pain. To learn more about Dr. Carrasco and his specialized training please visit our web site at CarrascoPainInstitute. Com

The Carrasco Pain Institute has created this Quarterly Newsletter in an effort to educate the public on different diagnosis and treatment options in the area of pain management. This issue will focus on the treatment of a condition called **Complex Regional Pain Syndrome (CRPS) or Reflex Sympathetic Dystrophy (RSD), rehabilitation of the RSD patient, and Rehab Massage.**

Upcoming Events

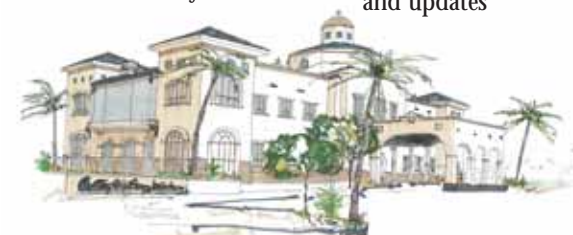
- **New Education & Conference Center** expansion to open November 1, 2006
- **Art Exhibit** - Our 2nd annual Art Show is scheduled for early December 2006
- Register online to receive our newsletter and updates

In recent years, we have expanded our medical practice to include a Rehabilitation/Fitness Center, a Medical Spa, and an onsite Surgical Suite. Our newest addition, the Conference Center, will be open in 45 days and will host educational conferences for doctors, medical staff, patients and our community.

We look forward to serving our past and future patients across Texas, the United States, and México. We invite you to visit our Institute located at La Hacienda de Salud Medical Community in the prestigious Medical Center of San Antonio, Texas.

About Dr. Carrasco

Dr. Carrasco serves as the Medical Director of this very specialized clinic and has the compassion and experience to deliver an individualized treatment plan suited to your specific pain or spasticity complaint. He is a nationally and



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Carrasco Pain Institute

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