

**RSD/CRPS Protocol
Dr. Staiger**

Time Frame	Treatment	Goals
Phase I <i>Initial Visit</i>	<ul style="list-style-type: none"> • Evaluate and treat • Instruct in edema management (i.e. contrast baths) • Begin active range of motion of wrist, forearm, and hand • Initiate gentle stress loading exercises • Desensitization techniques • May use modalities as indicated <p>* Any additional orders as needed</p>	<ul style="list-style-type: none"> • Edema control • Pain management • Desensitization • ROM
Phase II <i>Progress to this phase as able with minimal to no added pain</i>	<ul style="list-style-type: none"> • Progress with active assistive and passive range of motion as tolerated • Progress with stress loading exercises • Initiate laterality training then progress as able to: <ul style="list-style-type: none"> ○ Graded motor imagery ○ Mirror therapy (starting with no motion of affected extremity and progressing to gentle motion as tolerated) • Instruct in scar management techniques (to begin once incision is healed) if needed • May use modalities as indicated <p>* Any additional orders as needed</p>	<ul style="list-style-type: none"> • Continued edema control, pain management, and desensitization • Continued ROM and stress loading
Phase III <i>Progress to this phase as able with minimal to no added pain</i>	<ul style="list-style-type: none"> • Progress to strengthening <ul style="list-style-type: none"> ○ Instruct in grip exercises then eccentric muscle strength exercises. <p>* Any additional orders as needed</p>	<ul style="list-style-type: none"> • PREs