

**RSD/CRPS Protocol**  
**Dr. Staiger**

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