

Interest of a self-care program associating transcutaneous electrical nerve stimulation and mirror visual feedback in the treatment of ankle complex regional pain syndrome (CRPS-1)

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Background

Taking care of CRPS-1 is not consensual and often invasive. We assessed a multidisciplinary, not invasive protocol, based on the therapeutic education of the patient.

Objectives

To determine the benefit of transcutaneous electrical nerve stimulation (TENS) and mirror visual feedback (MVF), managed by patients themselves, in ankle CRPS-1.

Methods

We realized a forward-looking and multicentric assessment. The patients (n = 26), included on a duration of 3 months, presented a CRPS-1 of ankle, in agreement with the criteria of the IASP with a contributive bone scintigraphy. Our main assessment criterion was built around the therapeutic objective fixed with the patient and modelled according to the Single Goal Attainment Scaling (s-GAS). Other criteria were: gate duration, Wade test, single leg stance load, VAS, clinical data.

Results

After 6 months, 20 patients had reached the fixed objectives. Sixty-nine percent of them (n = 18) found an improvement of the locomotion.

Conclusions

Literature evoke 68% of healing of the CRPS-1 at 11 months, invasive program included. In this assessment, self-care program of patients educated to TENS and MVF, displayed 65% (n = 17) of healing at 3 months and 77% (n = 20) at 6 months.

Further reading

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