

## **What do Patients Say about the Programme?**

Below are some quotes from patients who have completed the 2-week CRPS rehabilitation programme

### **But first, a little about the patients who provided this information.....**

- Over a period of one year, 92 patients provided information (75% of all patients)
- There were 25 males and 67 females
- The average age was 45 years with the youngest being 18 and the oldest 73.
- Patients had been diagnosed with CRPS from between 1 and 26 years.
- Approximately half of the patients had CRPS of the arm, and half of the leg with a few having CRPS of one arm and leg or both arms (or legs)

### **Meeting Others with CRPS**

- Feeling of relief that I am not alone or going mad, that it is not just in my mind
- Meeting other people with CRPS has been a life changing experience, feeling I'm not alone and people understand what I'm, going through without me having to explain
- Gained a great network of friends
- Found a support network

### **Improved my knowledge and CRPS and how to manage it**

- I understand CRPS more and can manage my pain better than I was
- I now have knowledge of what I need to do to help myself
- I've been given strategies to cope with everyday situations, including setbacks so my confidence has increased
- Gained a better understanding of how to continue with everyday life

### **Improved physical functioning**

- I can move my shoulder and elbow a lot better and have better wrist movement and finger movement
- Walking better. Walking upstairs, learnt to hop and skip in pool
- My posture has improved. My relationship with my painful part has improved
- Increased fitness levels. I have been able to get sandals on my feet
- I have regained normal sensation in my limb. I have also regained some normal perception of my arm seeing my fingers and thumb for the first time in years!

## **Improved Psychological Functioning**

- As a result of the programme I have found a little bit of me again
- Feeling more optimistic about managing CRPS
- A normal life is possible even though I have CRPS, i.e. work, gym socialising
- I feel empowered and more in control of my condition and my life

### **Plans for the Future**

- I really feel that once I leave I can continue my treatment correctly and positively and hopefully make a real difference to the way I live life and the manner I like
- Hydro has been a huge part of my change of physical wellbeing and I want to continue this to try and to reach optimum movement and function. I will make every effort to maintain my baseline of activity
- I hope to join a gym in the near future and I am keen to try relaxation at home. To go away and put into practice what I have learnt on the programme

### **A final Note**

- The CRPS team are gifted kind professionals who consider the precise needs to each individual. The programme is made up to improve the quality of all areas of your life. A special programme designed and delivered by special professionals. Thank you
- Keep up this excellent programme. It's made a huge difference to mine, and I'm sure loads of other sufferers' lives!

Thank you to all patients who completed the Patient Experience Questionnaire which provides these quotes.

CRPS Team August 2017