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Follow up of the first series of pain exposure physical therapy (PEPT) treated CRPS-1 patients show further improvement

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Introduction: In 2009, a treatment directed at the function while neglecting the pain showed good results for patients with longstanding complex regional pain syndrome type 1 (also shown on a poster). The therapy was named Pain Exposure Physical Therapy (PEPT). The aim of this study is to investigate if the results remained, improved or declined.

Patients & Methods: Patients (199) treated with PEPT in the period 2003-2006 at the Bethesda Hospital in Hoogeveen were approached by mail and invited to participate in this follow-up investigation. For patients visiting the clinic with CRPS type 1 of the leg we used speed and walking distance as measurements and for patients with CRPS of the arm we used the RST. For both groups we used a VAS for functionality. For the patients we interviewed by telephone we used a NRS for functionality. All patients were asked if they had improved, declined or had not changed since the last appointment.

Results: 146 patients participated in the study. Seventy-nine visited the clinic and sixty-seven were interviewed by telephone. The functionality (VAS) of the patients that visited the clinic improved from 15.4 at T1 to 67.5 at T2 and 80.9 at T3. The patients interviewed by telephone also improved: 3.1, 5.7 and 6.79 (NRS).

Conclusions: The present follow-up study shows that the improvement in almost all cases is stable and even progresses by daily use and practice.

Biography

Jan Willem Ek studied medicine at the Erasmus University of Rotterdam. In the same place he specialized as general practitioner. He worked several years at the University of Amsterdam and Groningen as coach and teacher. After he was confronted by accident with a treatment that seemed successful for long lasting CRPS type 1, he studied this syndrome and got interested in pain, especially chronic pain, in general. This resulted in a publication and a job at the rehabilitation department of the Bethesda Hospital in Hoogeveen.

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