

## Abstract

Complex regional pain syndrome (CRPS) is a rare disease entity of a specific body region, usually distal limbs. This is characterized by regional pain that is disproportionate in degree and time to the usual course of any known trauma or a lesion. Main clinical symptom they present with is pain, which can be burning, tingling or tearing in type, also they can have other sensory abnormalities such as hyperalgesia, hyperesthesia or allodynia. Apart from sensory abnormalities those patient can also present with functional motor impairment, autonomic symptoms such as sweating in the particular area associated with changes in skin color and temperature. Swelling is one of the most prominent clinical feature associated with CRPS. Complex regional pain syndrome can occur with or without confirmed nerve injury.

Diagnosis is determined mainly on clinical features, a diagnostic criteria based on clinical features is used for the diagnosis. Management need a multidisciplinary approach which mainly targets the pain control and symptom relief, patient education regarding the disease, physiotherapy and occupational therapy.

Here we present a case of 54-year-old male patient, from Panadura who presented to the Neurology clinic at Colombo South teaching hospital with complex regional pain syndrome of his left hand. After diagnosing the condition mainly on clinical grounds, treatments were started which included patient education, pain management and physiotherapy, with treatment patient made a considerable recovery.

This case shows the importance of the prompt diagnosis of CRPS which will enable the proper management of the condition.

Key words – Complex regional pain syndrome (CRPS)