



Learning to Cope with CRPS / RSD: Putting life first and pain second

Karen Rodham

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With the help of this compact guide, anyone suffering from CRPS (Complex Regional Pain Syndrome) (also known as RSD – Reflex Sympathetic Dystrophy) will better understand their condition and cope with the reality of living with it.

Prof Karen Rodham draws on a wealth of clinical experience to give tried-and-tested practical advice for managing this very complex and debilitating syndrome, about which very little is understood by the medical community at large. Ten first-hand patient accounts of living with CRPS illustrate just how wide-ranging the impact can be physically, socially and emotionally, and what has helped on an individual basis.

This book's hands-on guidance will be of great help to people diagnosed with CRPS and show family and friends how they can best provide support. It is also an essential resource for health psychologists working with CRPS patients.

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