

Case Study

Darlene C

Is a 45 year old Caucasian female who presented with CRPS/RSD. The current condition was brought on by a broken left radius suffered in a car accident. There were several post accident surgeries.

Duration: She was diagnosed in 2005 after chronic pain of fluctuating severity manifested after the original injury had properly healed.

Ongoing Symptoms: Constant, chronic pain of varying intensity, inability to sleep, stiffness and very limited range of motion in the affected limb, the left arm.

Previous Treatment: Various surgeries that included installation and removal of pins and screws. Various pain medications and muscle relaxants. Stellate Ganglion Blocks.

Treatment Protocol: Initially 5 Daily 90 minute sessions Personalized Manual Ligament Therapy, (MLT) Stretching. Postural Analysis and Correction, Breathing Exercises. Patient decided after significant progress to repeat the protocol a second time after taking a week off to further improvement and cement the gains she had experienced in the at home protocols.

Day 1: Patient presented with a pain level of 6/7 on a numeric scale of 1-10. (10 = extreme pain) She received the standard protocol: MLT, Stretching, Postural Work. She reported a pain level of 5 at the Day 1 exit interview as well as more feeling in her arm and more relaxed overall.

Video:

[Darlene Comments More Feeling in the Limb.](#)

Day 2: Patient presented with a pain level of 5 on a numeric scale of 1-10. (10 = extreme pain) She worked heavily with MLT and the stretching protocols. Patient reported varying good sensations and what seemed as better circulation in the affected limb.

Day 3: Patient presented and did not relate her particular pain level on a numeric scale of 1-10. (10 = extreme pain) She reported sleeping better and various sensations that she related as “good” and that it felt like something was “waking up” in her arm. At the end of treatment patient reported less pain and more range of motion than she “has had in years” in her left arm.

Video:

[Darlene Comments on Improved Range Of Motion.](#)

Day 4: Patient presented and reported that her sleep patterns had continued to improve over the previous two nights and that her pain levels were down. After treatment protocol patient reported that she was experiencing better ROM and that inflammation and burning sensations were significantly diminished and her sleep patterns were greatly improved.

Video:

[Darlene's Significantly Improved Range Of Motion](#)

[Darlene Speaks of Sleep Patterns](#)

[Inflammation and Burning Sensations Gone](#)



Case Study

Darlene C (con't)

Day 5: Patient presented with a low pain level though did not relate on a numeric scale of 1-10. (10 = extreme pain) She reported that her pain levels was consistently diminishing daily and that the improvement in her ROM was “amazing”.

Video:

[Darlene Relates Pain Diminishing Daily and Vastly Improved Range Of Motion](#)

Day 6: Patient presented for the start of her second protocol after a week break. She reported the ROM was the same as when she completed the last protocol and that she had no had any pain in her wrist and that she was experiencing nerve sensations that were described as “good” and “as if something were waking up” in other parts of her body as well.

Video:

[Darlene Reports No Pain at All in Her Wrist](#)

Day 7: Patient presented reporting no pain and even after a long, stressful day yesterday sleeping well the night before only awakening once and in no pain. She reported after treatment that her ROM as well as her strength had improved. She was now able to open a large pickle jar with her left hand with any assistance or tools for the first time in years.

Video:

[Darlene Relates Opening a Large Jar with her Affected Hand with no Assistance](#)

Day 8: Patient presented reporting experiencing a fall when she tripped coming down the stairs in the dark. She was sore from the fall but reported no CRPS/RSD flare up from the associated trauma. This was very unusual for her. She also reported being in no pain over the last week and half for the first time in 11 years.

Video:

[Darlene Reports a 60-70% improvement in her Range Of Motion.](#)

[Darlene Reports Her Back Pain Gone and Being Now Able to Climb Stairs and Open Jars](#)

Day 9: Patient presented with a pain level of 0 on a numeric scale of 1-10. (10 = extreme pain) though she did feel tired from when she worked heavily with MLT and the stretching protocols the day before. She also reported that her flexibility was continuing to improve and demonstrated increased ROM, At the end of session she reported feeling relaxed and much more at ease with the tightness she was experiencing significantly diminishing. She related that she was learning a lot and understanding how to keep her body and mind in balance from the protocols.

Video:

[Darlene Demonstrates Flexibility and Improved Range Of Motion](#)

Day 10: Patient presented with a pain level of 0 on a numeric scale of 1-10. (10 = extreme pain). She reported excellent results from the day before and that the stretching and MLT protocols were very helpful. She also reported a good nights sleep and that she was able to sleep without worrying about or “protecting” her wrist as she was wont to do over the last 11 years. Patient said that she had never expected this result at the beginning of the program and she was amazed. She said that the program was excellent and that she would recommend it to anyone.

Video:

[Darlene Demonstrates Flexibility and Improved Range Of Motion and Reports Excellent Results Overall](#)

