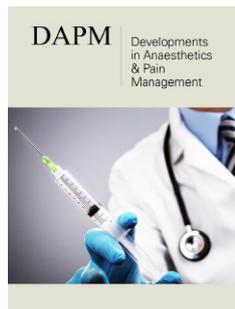


Holistic Centered Treatment Protocol: Evidence Based Novel Treatment for Complex Regional Pain Syndrome-A Case Report

Traci Patterson*

CEO, Advanced Pathways, USA

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***Corresponding author:** Traci Patterson, CEO, Advanced Pathways, USA

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Highlights

- Holistic Centered Treatment (HCT) protocol is an evidence based novel treatment that is multi-modality, non-invasive and drug free used to treat Complex Regional Pain Syndrome (CRPS) and other forms of intractable chronic pain.
- HCT consists of laser (3b), Low Level Light Therapy (LLLT), Pulsed Electromagnetic Field (PEMF), neuroplasticity training, clinical hypnosis, biofeedback-utilizing Heart Rate Variability (HRV), neurofeedback, vagus nerve stimulation, and breathwork.
- HCT is a five (5) day protocol followed by a 90-day home program.
- HCT provided long-term relief and remission for this patient.
- HCT is an effective treatment option for both type 1 and type 2 CRPS.

Abstract Background: Complex Regional Pain Syndrome (CRPS) is a painful and disabling syndrome where the patient presents with neuropathic pain, edema, causalgia, and/or vasomotor or pseudomotor abnormalities that are often refractory to treatment. CRPS type 2 can occur following an injury to the nerve, surgery, or auto accident.

Holistic Centered Treatment (HCT) protocol is considered an evidence based novel treatment that is multi-modality, non-invasive and drug free developed by Dr. Traci Patterson. HCT has shown to be effective in the treatment of CRPS (type 1 and type 2). Resulting in dramatic drops in pain levels, decreasing edema, causalgia and vasomotor or pseudomotor abnormalities. CRPS patients that have previously failed traditional allopathic treatments have shown marked improvement with HCT, and many are gaining long-term remission.

Keywords: Complex regional pain syndrome; Reflex sympathetic dystrophy; RSD; CRPS treatment; CRPS remission; Evidence based novel treatment for CRPS; Neuropathic pain; Holistic centered treatment protocol; CRPS 2; CRPS 1

Abbreviations: HCT: Holistic Centered Treatment; CRPS: Complex Regional Pain Syndrome; LLLT: Low Level Light Therapy; PEMF: Pulsed Electromagnetic Field; HRV: Heart Rate Variability

Design

Case study report

Setting: Advanced Pathways, Newport Beach, California, United States Outpatient Program.

Patient: A 38-year-old woman who had been diagnosed with type 2 complex regional pain syndrome (CRPS) in 2008 following a knee injury. Her CRPS spread throughout her lower body, hands, and stomach over a ten (10) year period. During that time, she failed to get relief from traditional treatments that included: local blocks, regional blocks, lumbar sympathetic blocks, physical therapy, medications, opioids, and a neurostimulator. She had unsuccessfully been treated at top universities including UCLA and Stanford. This patient started treatment at a 9/10 on the pain scale.

Methods/Intervention: This patient was treated in 2018 at Advanced Pathways utilizing our protocol- Holistic Centered Treatment. This is a five (5) day protocol, approximately five (5) hours per day, and is followed by a 90-day home program. During the intensive the patient was treated with an evidence based novel treatment protocol that is multi-modality, non-invasive and drug free.

Throughout the intensive the patient was treated with laser (class 3b), Low Level Light Therapy (LLLT), Pulsed Electromagnetic Field (PEMF), neuroplasticity training, clinical hypnosis, biofeedback-utilizing Heart Rate Variability (HRV), neurofeedback, vagus nerve stimulation, and breathwork. It is this combination of modalities that allows the patient to get out of fight flight-sympathetic overload. Thus, balancing the autonomic system. This provides the ability to break the pain loop, reduce and control stress, anxiety, depression and/or PTSD. HCT is focused on treating the individual as a whole and not just their symptoms.

Result

The patient concluded the week at a 0/10 pain level. She was able to titrate off all her medications over the following six (6)

months and had her neurostimulator removed in 2019. She has been able to maintain remission to date with a 0/10 pain level.

Conclusion

This case study illustrates that the Holistic Centered Treatment (HCT) protocol used in the treatment of Complex Regional Pain Syndrome (CRPS) provides superior results for those CRPS patients that fail traditional treatments. HCT is a viable treatment that should be considered by physicians and patients prior to invasive procedures that can perpetuate spread of CRPS. Further randomized, controlled studies are needed to support theories.

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