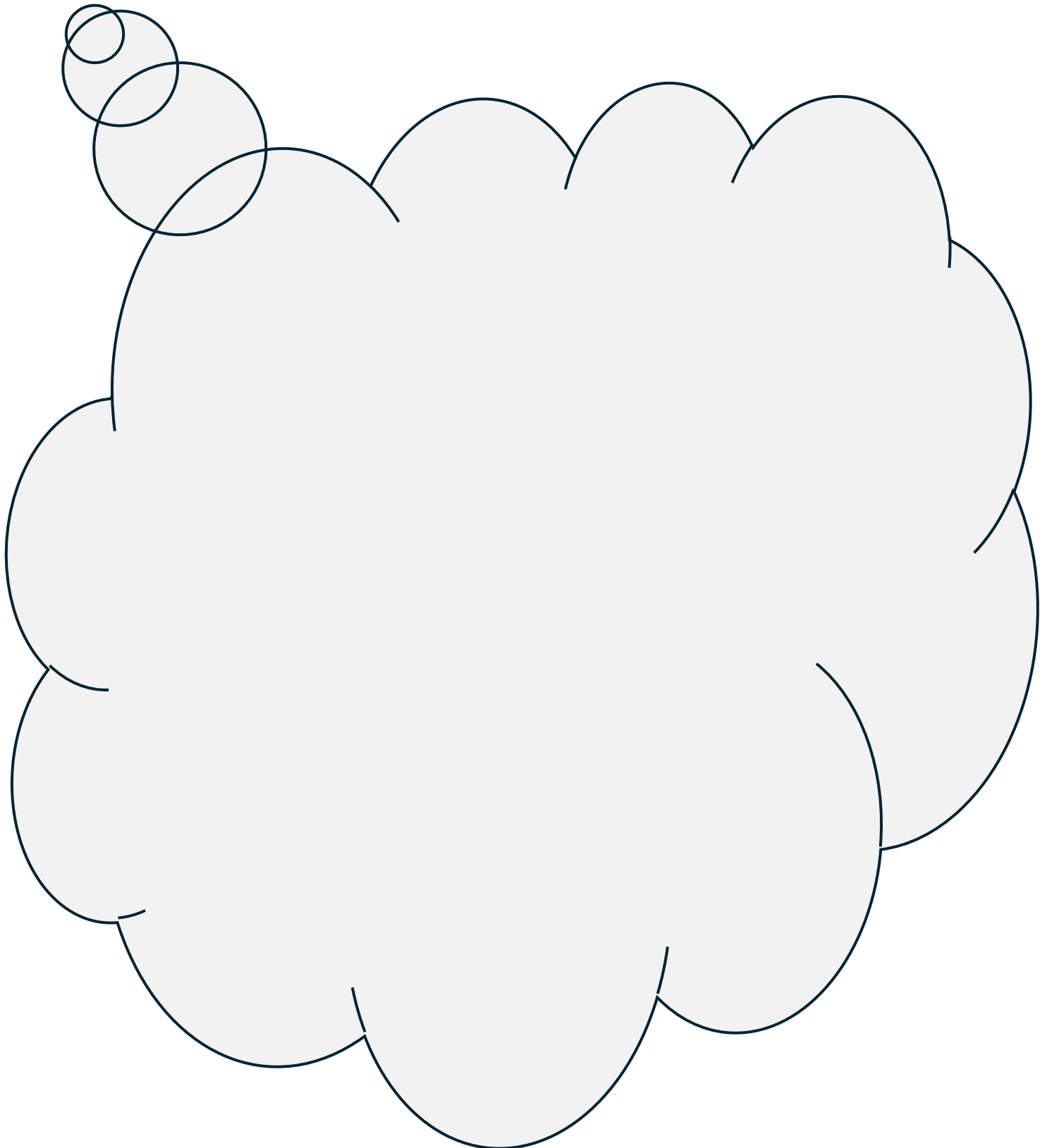


## Adaptiv Health & Recovery

Understand • Build • Change

### The “Brain Dump”



## What is CRPS?

### 1. What is CRPS? (Core Definition - Ferraro et al.)

CRPS is a chronic primary pain disorder that typically develops after trauma (e.g., fracture, surgery, soft tissue injury) and is:

- Regional (not confined to a single nerve distribution)
- Disproportionate in intensity and/or duration to the initial injury
- Associated with sensory, autonomic, motor, and trophic changes

Key clinical features:

- Severe, persistent pain
- Temperature or colour changes
- Swelling or sweating abnormalities
- Movement dysfunction
- Skin, hair, or nail changes

## Budapest Criteria Checklist for CRPS

Based on the International Association for the Study of Pain (IASP) Budapest Criteria. Clinical checklist for assessment and documentation.

Domain	Symptoms Reported by Patient	Signs Observed Clinically	Present
Pain (overarching criteria)	Continuing pain disproportionate to any inciting event	Clinical presentation consistent with disproportionate pain	<input type="checkbox"/>
<b>4 Diagnostic/ Assessment Criteria</b>			
Domain	Symptoms Reported by Patient	Signs Observed Clinically	Present
Sensory	Hyperesthesia and/or allodynia	Hyperalgesia and/or allodynia to light touch, pressure, movement, or temperature	<input type="checkbox"/>
Vasomotor	Temperature asymmetry and/or skin colour changes	Observed temperature or colour asymmetry	<input type="checkbox"/>
Sudomotor / Oedema	Oedema and/or sweating changes	Observed oedema and/or sweating asymmetry	<input type="checkbox"/>
Motor / Trophic	Reduced ROM, weakness, tremor, dystonia, trophic changes	Observed reduced ROM, motor dysfunction, hair/nail/skin changes	<input type="checkbox"/>

### Diagnostic/ Assessment Requirements:

1. Continuing pain disproportionate to any inciting event.
2. At least one symptom in three of four categories.
3. At least one sign in two or more categories during assessment.
4. No other diagnosis better explains the presentation.

References: Harden RN et al. Budapest Criteria; Ferraro et al. Lancet Neurology 2024.

## Language is Key: Therapist Scripts

Validation + Safety + Hope Focused Communication

Influenced by contemporary pain science communication approaches including Dr Sarah Wallwork and Prof Helen Slater.

Patient Says	Avoid Saying	Helpful Therapist Response	Why It Helps
It feels damaged.	Nothing is wrong.	It's feeling more sensitive and protective right now.	Validates pain while reducing threat.
Touch hurts.	You just need to push through it.	We'll find a level that feels safe and build from there.	Supports graded exposure and safety.
I'm scared to move.	Movement won't hurt you.	That makes sense. Let's explore movement together at a pace your system can tolerate.	Validation first, then confidence building.
My body is broken.	That's just in your head.	Your nervous system has become protective, and systems can change again.	Maintains dignity and hope.
Why does it still hurt?	The injury healed ages ago.	Sometimes the alarm system keeps protecting even after tissues have settled.	Explains persistence without blame.
I'm worried this will never improve.	Don't think like that.	Recovery can take time, but change is possible.	Hope without false reassurance.
I had a flare-up.	You've overdone it.	Flare-ups can happen when sensitive systems are learning.	Reduces fear and catastrophising.

## Danger Language vs Safety Language

Danger Language (Increase Threat)	Safety Language (Reduce Threat)
Damaged	Sensitive
Weak	Adaptable and rebuilding
Worn out	Protective and changeable
Your body is failing	Your system is trying to protect you
Avoid pain	Explore safe movement
Your scan looks terrible	Scans don't always predict pain
You'll always have this	Recovery and improvement are possible

**Core Principle: Validation + Safety + Hope + Collaboration create better conditions for recovery.**



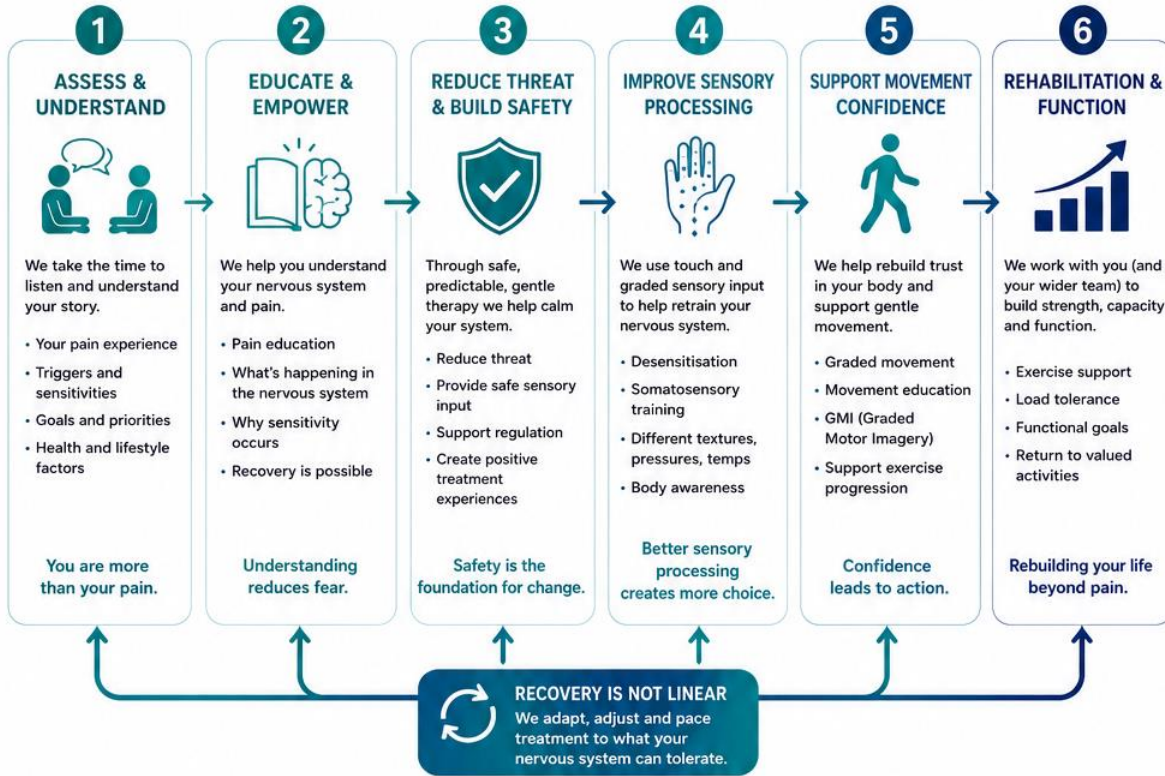
— HEALTH & RECOVERY —

Understand • Build • Change

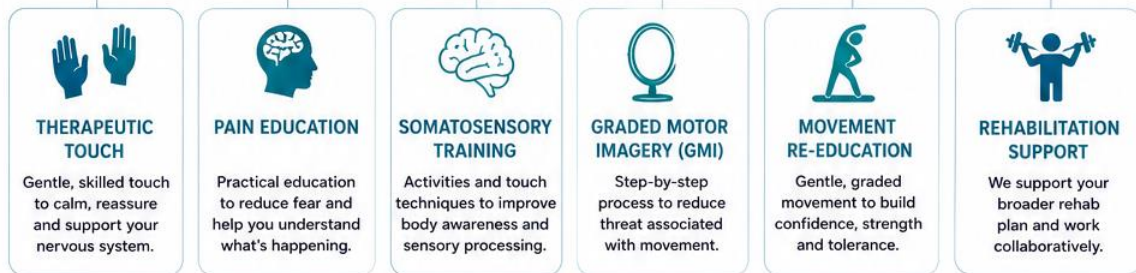
# HOW MASSAGE THERAPISTS & MYOTHERAPISTS CAN HELP

*Supporting the Nervous System. Supporting Recovery.*

Our role is not to “fix tissue”, but to help reduce threat, build safety, and support you to move, function and live a meaningful life.



## HOW WE HELP (OUR TOOLS)



## WHAT THIS CAN HELP WITH



## OUR ROLE IN YOUR RECOVERY

Message therapists and myotherapists are here to support your nervous system, reduce barriers, build confidence and help you move towards the life you want.

**Together, we can lighten the load and reclaim your life.**

**YOU ARE THE EXPERT ON YOU**

You are an active partner in your recovery. We are here to support, guide and empower you.

*Small steps. Big change. You've got this.*