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Mesotherapy for Complex Regional Pain Syndrome: A Retrospective Case Series

Topic: Pain

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BACKGROUND

Complex Regional Pain Syndrome (CRPS) is a complex and disabling condition occurring frequently after a traumatic trigger event like fracture or surgery. Despite the therapeutic options available, the management remains often challenging for the patient and for the practitioner.

METHODS

This is a retrospective case series with data collection of 18 patients suffering from CRPS completing the Budapest criteria and treated with mesotherapy at the Department of Physical Medicine and Rehabilitation of Mohammed VI University Hospital of Oujda between January 2022 and July 2024. The Visual Analogic Scale (VAS) and The Complex Regional Syndrome Severity Score (CSS) were the main scores reported and compared before and after the mesotherapy sessions with a one-year follow-up.

RESULTS

VAS and CSS score improved in 14 patients, and did not change in four patients, The main improvement was observed during the six months after the last mesotherapy session.

CONCLUSION

Mesotherapy may have a role to play in management of CRPS patients, larger controlled prospective studies are needed to draw reliable conclusions.

Statement of Disclosures

None

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