

Sudeck's algodystrophy syndrome

Sudeck's algodystrophy syndrome can be found in patients during the healing period of fractures, when a patient develops a **state of excessive pain, swelling and stiffness**. It is also called **CRPS** (complex regional pain syndrome).

General characteristics

Patogenesis is not fully clear. A certain role is played by the **sympathetic nervous system**. The syndrome can also be caused by infections, myocardial infarction, tumors, strokes, etc. In fractures, it most frequently occurs after Colles' fracture, ankle, foot or knee injuries.

Basic criteria

- regional *pain*
- *changes in skin color*
- *fevers, abnormal sweating, swelling*

Clinical finding

The basic symptom is **spontaneous pain**, without any apparent cause:

- *allodynia* - pain after a normally painless stimulus, or
- *hyperalgesia* - pain, which is excessive in relation to the stimulus intensity.

We distinguish between **3 stages** of the disease:

1. **acute (inflammatory) stage**,
 - hyperemia, swelling, the affected limb is warmer than the other, the skin appears shiny,
 - occurs within 2-8 weeks after the precipitating cause,
2. **middle dystrophic stage**,
 - swelling subsides
 - pain is relieved, but persists during movement
 - shiny, cyanotic skin,
3. **atrophic stage**
 - after 6-12 months,
 - muscle atrophy, fibrotization of joint capsules, contractures, *diffuse osteoporosis* on skiagram.

The **pain** can be **worsened by visual, auditory and psychological stimuli**. The relief can be brought by seemingly strange methods:

- *wet compress* for a wrist affliction,
- if the knee joint is affected, it is pathognomonic to wear *short pants* and thick socks even in the cold, or pants with cut-out *windows* on the knees (rubbing the knees against clothing can hurt immensely).

⚠ Without treatment, it can persist at any stage for months or even years.

Treatment

- Relief is brought by **sympathetic blockade**
- Exercise/Physiotherapy ^[1]
- Bisphosphonates, NSAIDS, sympatolytics (dihydroergotoxin), anxiolytics (diazepam), calcitonin

Links

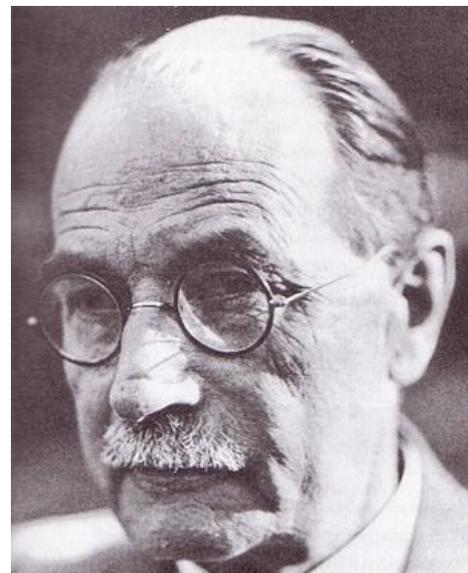
Related articles

- Volkmann ischemic contracture
- Compartment syndrom

External links

- <https://www.akutne.cz/algorithm/cs/241--/>

Source



Paul Sudeck, pediatric surgeon (1866-1945)

- BENEŠ, Jiří. *Studijní materiály* [online]. [cit. 8. 1. 2010]. <<http://jirben.wz.cz>>.

References

1. COSSINS, L, R W OKELL a H CAMERON, et al. Treatment of complex regional pain syndrome in adults: a systematic review of randomized controlled trials published from June 2000 to February 2012. *Eur J Pain* [online]. 2013, vol. 17, no. 2, s. 158-73, dostupné také z <<https://www.ncbi.nlm.nih.gov/pubmed/23042687>>. ISSN 1090-3801 (print), 1532-2149