

Propriotherapy

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Propriotherapy refers to the patient applying physical therapy onto themselves. For example, one of the best treatment modalities for pain is treatment of allodynia (proprioceptive touching and applying massage) applied by the patient in the form of gentle massage to the skin. If another person tries to do the massage in the same sensitive area, pain may get worse, but the patient can usually perform the proprioception with far less pain. Application of Emla cream also helps. This is not a sign of malingering or anything like that. It is noted in animals suffering from neuropathic pain of CRPS/RSD that animals avoid any contact with people or other animals. On the other hand, when the pain is severe, cats or dogs try to get relief by licking and even gently biting the extremity. We don't expect any patient to bite their extremity, but otherwise proprioceptive therapy is very effective. The patient should use the propriotherapy for treatment of allodynia, as well as for treatment of inactivity causing deep pain.