

From the Book:

Chronic Pain: Reflex Sympathetic Dystrophy Prevention and Management

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Manifestations of RSD

RSD manifests itself in two main forms: (1) RSD of disuse and (2) RSD secondary to scar formation of peripheral nerves or ephaptic RSD: minor or major causalgia (Table 6).

Trauma is not the most common cause of RSD (see etiology). There are many forms of trauma:

1. Blunt trauma (more likely to cause RSD)
2. Laceration over watershed zone (ephaptic RSD)
3. Bullet injuries (ephaptic causalgic)
4. Electrocution (causalgic and disuse combination)
5. Sword or sharp knife injury (ephaptic injury)
6. Vibratory damage
 - a. Drilling steel against titanium (disuse)
 - b. Vibration of bullet injury

Locations of injury in the watershed areas include

1. Craniocervical (trigemino-cervical watershed)
2. Dorsum of hand (radial-ulnar-median watershed)
3. Dorsum of foot (sural-superficial peroneal-deep peroneal watershed)
4. Anterolateral aspect of the knee
5. Palmar aspect of the wrist (median-ulnar watershed)

