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Original Research Article

Efficacy of Ketamine in Anesthetic Dosage for the Treatment of Refractory Complex Regional Pain Syndrome: An Open-Label Phase II Study

Ralph-Thomas Kiefer, MD,* Peter Rohr, MD,† Annette Ploppa, MD,* Hans-Jürgen Dieterich, MD,* John Grothusen, PhD,§ Sandra Koffler, PhD,¶ Karl-Heinz Altemeyer, MD,† Klaus Unertl, MD,* and Robert J. Schwartzman, MD§

*Department of Anesthesiology and Intensive Care Medicine, University of Tübingen, Tübingen, Germany; †Department of Anesthesiology, Intensive Care and Emergency Medicine and Pain Therapy, Klinikum Saarbrücken, Teaching Hospital University of the Saarland, Saarbrücken, Germany; Departments of §Neurology, ¶Psychiatry, Drexel University College of Medicine, Hahneman University Hospital, Philadelphia, PA, USA

ABSTRACT

Objective. Advanced complex regional pain syndrome (CRPS) remains very difficult to treat. While subanesthetic low-dose ketamine has shown promise in early localized CRPS, its use in advanced CRPS has not been as effective. Since ketamine's analgesic potency and duration of effect in neuropathic pain are directly dose-dependant, we investigated the efficacy of ketamine in anesthetic dosage in refractory CRPS patients that had failed available standard therapies.

Methods. Twenty ASA I-III patients suffering from refractory CRPS received ketamine in anesthetic dosage over 5 days. Outcome criteria were pain relief, effect on the movement disorder, quality of life, and ability to work at baseline and up to 6 months following treatment.

Results. Significant pain relief was observed at 1, 3, and 6 months following treatment ($93.5 \pm 11.1\%$, $89.4 \pm 17.0\%$, $79.3 \pm 25.3\%$; $P < 0.001$). Complete remission from CRPS was observed at 1 month in all patients, at 3 months in 17, and at 6 months in 16 patients. If relapse occurred, significant pain relief was still attained at 3 and 6 months ($59.0 \pm 14.7\%$, $P < 0.004$; $50.2 \pm 10.6\%$, $P < 0.002$). Quality of life, the associated movement disorder, and the ability to work significantly improved in the majority of patients at 3 and 6 months.

Conclusions. This open-label trial suggests benefit in pain reduction, associated CRPS symptoms, improved quality of life and ability to work following anesthetic ketamine in previously refractory CRPS patients. However, a randomized controlled trial will be necessary to prove its efficacy.

Key Words. Complex Regional Pain Syndrome; Ketamine; NMDA-Receptor; Reflex Sympathetic Dystrophy; Pain Therapy; Quality of Life

Reprint requests to: Robert J. Schwartzman, MD, Department of Neurology, Drexel Universtity, College of Medicine, Hahneman University Hospital, Broad and Vine Streets, Mail Stop 423, Philadelphia, PA 19102-1192, USA. Tel: 215-762-7090; Fax: 215-762-3161; E-mail: Robert.Schwartzman@drexel.edu.

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Introduction

The understanding of the pathophysiology of mechanisms underlying complex regional pain syndrome (CRPS) has vastly progressed in the recent years [1]. Recent evidence has been presented that suggests focal small-fiber axonal degeneration and alteration of the cutaneous innervation by small-diameter afferent and postganglionic sympathetic efferent fibers are important for its induction and maintenance [2,3]. Caveats of this hypothesiz have been raised by Janig and Baron [4], who propose that patients with CRPS have concomitant peripheral changes in the microenvironment at the site of injury that induce peripheral afferent sensitization, neurogenic inflammation, and sympathetic afferent coupling in addition to functional reorganization of the somatosensory, motor, and autonomic circuits in the central nervous system (CNS) [5–7].

There is general agreement that the pain in CRPS is disproportionate to the extent of the primary triggering injury that does not respect a root or nerve territory. Characteristic symptoms include severe unrelenting burning and deep pain, associated with mechano- and thermal allodynia, hyperalgesia, and hyperpathia. Swelling, autonomic dysregulation, a movement disorder, atrophy, and dystrophy are associated to varying degrees [8]. The syndrome may progress with time, and signs and symptoms may spread to sites that were not primarily affected. In some patients, it is generalized [9,10]. Current standard therapy consists of a variety physical, psychological, behavioral, pharmacological and interventional treatments [11–13]. Unfortunately, a subgroup of CRPS patients remains refractory to all standard therapy. For these refractory patients, no effective treatment exists [8].

Ketamine, the currently most potent clinically available N-methyl-D-aspartate (NMDA)-antagonist, has a well-established role in the treatment of acute and chronic pain [14,15]. Its main action is through inhibition of NMDA-receptors, which are thought to play a crucial role in the generation and maintenance of chronic pain [16,17]. In addition to its acute analgesic effects, systemic ketamine modulates correlates of central sensitization in chronic pain states on a long-term basis. Wind-up and punctuate hyperalgesia were shown to be significantly reduced up to 7 days after surgery [18]. Ketamine administered at higher intraoperative dosage for major abdominal surgery reduced the area of wound hyperalgesia and significantly prevented the initiation and maintenance of chronic pain [19,20]. Possible mechanisms are that these effects are mediated through NMDA-receptor inhibition, which may be critical for central sensitization, and anti-inflammatory modulation of the immune system [17,21]. Proinflammatory cytokines are involved in the processes of peripheral and central sensitization and are inhibited by ketamine [22]. In the management of chronic pain, the use of ketamine at higher dosages has been limited by psychotropic side effects. The incidence and severity of ketamine side effects are dose-dependent as are its analgesic potency and duration of action [15].

Several series and case reports have documented reduction of pain intensity, allodynia and associated CRPS signs of autonomic dysregulation and motor dysfunction following the administration of subanesthetic systemic, epidural, and topical ketamine [23–26]. A recent case report and larger series demonstrated long-term pain relief from subanesthetic ketamine infusions, particularly in early and well localized CRPS [27,28]. However, in a subgroup of refractory CRPS with spreading disease, subanesthetic continuous S(+)-ketamine infusions were ineffective [29].

This suggested that ketamine in anesthetic dosages might be effective in this refractory CRPS subgroup. Excellent clinical results were obtained with anesthetic doses of ketamine administered on a compassionate care basis to several refractory CRPS patients (unpublished). Based on this limited clinical experience, a standardized treatment regime was developed, and utilized in the present trial. The therapeutic efficacy of ketamine in anesthetic dosage was studied in a Phase II study in 20 refractory CRPS-patients, who suffered either longstanding or rapidly progressive disease that had failed standard therapy. The primary outcome parameter was acute and long-term relief of pain. Other measures included effects on the movement disorder, quality of life, social integration, and the ability to work at 6 months following treatment.

Methods

Patients

The human investigation committees in Tübingen and Saarbrücken, Germany, approved the study. Patients were recruited in the pain clinics of the Department of Neurology of Drexel University College of Medicine (Philadelphia, PA) and pain clinics of the Teaching Hospital University of the Saarland (Saarbrücken, Germany). Informed

consent emphasized the experimental nature of this treatment. Special emphasis was placed on the risks associated with the intensive care component of this treatment which includes respiratory and urinary tract infections and other infectious complications such as systemic inflammatory response syndrome and sepsis. Organ failure (single or multi-organ failure), cardiovascular complications as well as the associated high morbidity and mortality rates of all of these serious complications were stressed. All patients gave their informed written consent.

Inclusion Criteria

All patients fulfilled the 1993 IASP–CRPS diagnostic criteria, the 1999 modified research diagnostic CRPS criteria, and the proposed modified research diagnostic criteria of the 2005 Budapest conference in at least one limb [30–32]. Other associated CRPS factors [1–4] were noted to varying degrees in contiguous areas of the extremity, the face or in a mirror distribution. Cluster analysis placed all patients in subgroup; and [3] a florid CRPS syndrome [32].

The average daily pain intensity had to be 7 points or greater on a numerical rating scale (Numeric Rating Scale [NRS] endpoints 0: no pain, 10: worse pain imaginable) over a period of at least 6 months while on standard therapy. The CRPS symptomatology had to be either long-standing and spreading, or rapidly progressive. Standard conventional nonmedical (physical therapy, psychological approaches), or pharmacological and interventional treatment modalities had to have failed. Failure of therapy was defined as: 1) no benefit from treatment, or 2) no lasting pain relief (>2 months). The designation "refractory" included documented failure of: 1) nonmedical; 2) pharmacological mono-, or combined therapy with nonsteroidal antiinflammatory drugs, tricyclic antidepressants, anticonvulsants, low or high potency opioids; 3) at least three interventional procedures, including selective nerve blocks, epidural analgesia, brachial plexus blocks, sympathetic ganglion blocks, intravenous regional sympathetic blocks, spinal cord stimulation, surgical sympathectomy, or intrathecal drug delivery systems; and 4) unchanged or progressing state of disease despite these efforts.

Inclusion was limited to ASA I-III patients (ASA: American Society of Anesthesiologists Physical Status Classification), which apart from their pain-related disability, did not suffer from clinically relevant systemic disease. Patients that presented with a history of significant cardiovascular, pulmonary, renal disease or mental disorders were excluded. Further exclusion criteria included known contraindications to ketamine use (severe arterial hypertension, hyperthyroidism, ischemic heart disease or heart failure), as well as allergies to ketamine or midazolam. All patients during the course of their treatments were evaluated by a psychiatrist for counseling and support and 9 underwent detailed neuropsychological testing prior to and following treatment [33]. All patients had difficulty falling and staying asleep but this feature of their illness was not studied systematically. Patients with a history of substance or drug abuse, or a suspected somatoform pain disorder were excluded. The inclusion criteria were evaluated by three physicians, a neurologist (RJS), and two anesthesiologists (RTK, PR).

Ketamine Treatment Protocol

Anesthesia was induced by bolus injection of ketamine (1–1.5 mg/kg) and midazolam (2.5–7.5 mg). Tracheal intubation was facilitated by vecuronium (0.1 mg/kg). Treatment was maintained by infusions of ketamine over 5 days, starting at 3 mg/kg/h, followed by gradual daily titration up to a final dose of 7 mg/kg/h. Midazolam was co-administered and adjusted as clinically required (0.15–0.4 mg/kg/h) to obtain a stable level of deep sedation (Ramsay-Score 4–5), and to attenuate ketamine-specific side effects, i.e., agitation [34]. The first three patients were not intubated and spontaneous ventilation was allowed. The remaining 17 patients were electively intubated, to limit the risk of aspiration. These 17 patients were mechanically ventilated. After 5 days, infusions were slowly tapered, first by reducing the ketamine dosage by 20% every four hours, followed by gradual reduction of midazolam in the same manner. Patients were then weaned from mechanical ventilation and extubated once adequate spontaneous ventilation, sufficient gas exchange, and the appropriate level of consciousness together with intact protective reflexes was attained.

Ketamine and Norketamine Plasma Concentrations

Blood samples were drawn into prefabricated EDTA-tubes (S-Monovette®, Sarstedt AG & Co., Nürnbrecht, Germany) from all patients every eight hours to determine ketamine and norketamine (the primary ketamine metabolite) plasma concentrations during anesthesia and for 3 days following treatment. Blood samples were centrifuged and plasma aliquots stored until analysis at

–80°C. Ketamine and norketamine plasma concentrations were analyzed by simultaneous high-pressure liquid chromatography (HPLC) [35].

Standardized Additional Drugs

Deep Venous Thrombosis and Ulcer Prophylaxis

All patients received intravenous unfractionated low-dose heparin 7.500–15.000 I.E./day (Liquemin®, Roche, Germany) under regular aPTT monitoring, and the proton pump inhibitor pantoprazole 40 mg/day (Pantozol®, Altana Pharma, Germany).

Clonidine

Clonidine (Catapresan®, Boehringer Ingelheim, Germany) was administered intravenously (0.20–0.85 μg/kg/h) to control cardiovascular stimulation and the psychomimetic and potential neurotoxic side effects of ketamine. It was dosed as clinically required (0.20–0.85 μg/kg/h) to control tachycardia and hypertension. The coadministration of clonidine at a minimum dose of 0.15 μg/kg/h was maintained throughout the intensive care treatment.

Alimentation and Glycemic Control

Alimentation

The first three unintubated patients received full parenteral nutrition (25 kcal/kg/day) with a ternary mixture of aminoacids (40 g/L), glucose (160 g/L), and fat (40 g/L), containing 1040 kcal/L glucose-fat calories (Oliclinomel® 4.0% GF-E Baxter, Germany). Intubated patients received full enteral nutrition (25 kcal/kg/day) via nasogastral tube (Nutrison Standard®, Nutrisone Multifibre®, Pfrimmer Nutrica, Germany, containing 1.000 kcal/L, proteins 40 g/L, carbohydrates 123 g/L, fat 39 g/L).

Glycemic Control

Intensified insulin-therapy (Actrapid®, Novo Nordisk A/S, Denmark) was applied, and insulin dosed as clinically needed to maintain normoglycemia (blood glucose concentrations: 90–150 mg/dL) [36].

Patient Safety

Monitoring

Continuous standard intensive care monitoring (arterial blood pressure monitoring, ECG and ST-segment analysis, core temperature, pulse oximetry, capnometry, central venous pressure) was performed in all patients. All patients had bladder catheterization.

Blood Gas Analysis and Blood Chemistry

Blood gas analysis was routinely performed every 8 hours and additionally when clinically warranted to adjust mechanical ventilation, insulin therapy, acid-base balance, and electrolytes. Detailed blood tests were performed before the treatment, daily during treatment, and for the first 2 weeks thereafter. Laboratory evaluation included cell counts, electrolytes, coagulation parameters, liver enzymes, C-reactive protein (CRP), creatine phosphokinase (CPK), and CKMB-isoenzyme activity.

Screening for Infectious Complications

When admitted patients were screened with pharyngeal, nose and rectal swabs for the presence of multiresistant pathogens (methycillin resistant *S.* aureus [MRSA]; vancomycin resistant enterococci [VRE]). During the treatment screening included continuous monitoring of core body temperature, and laboratory parameters (daily leukocyte count, CRP), urine status, and tracheal secretion and urine cultures on the first day of treatment and when respiratory or urinary tract infection was suspected clinically. In the presence of fever blood cultures were collected.

Outcome Criteria

The patients' progress during the study, the times and nature of assessments at baseline, 1 week, 1, 3, and 6 months after treatment are summarized in a flow chart shown in Figure 1.

Pain Assessment and Degree of Pain Relief

The degree of a patient's subjective pain intensities was rated by a numeric scale (NRS, endpoints: 0—no pain, 10—worst pain imaginable) at baseline and at follow-up examinations. The degree of pain relief following treatment was calculated as: percent pain relief = $(NRS_{baseline} - NRS_{follow\ up})/NRS_{baseline} \times 100$.

Movement Disorder

Data were obtained at baseline and 1, 3, and 6 months after treatment for both upper and lower extremities.

Upper Extremity Motor Evaluation

Assessment of active range of motion was based on norms described by Kendall et al. [37]. Arm movement was quantified by utilizing a combination of the performance of specific motor tasks (placing a book in a shelf above shoulder level, ability to comb one's hair, putting on a sweater, tying an

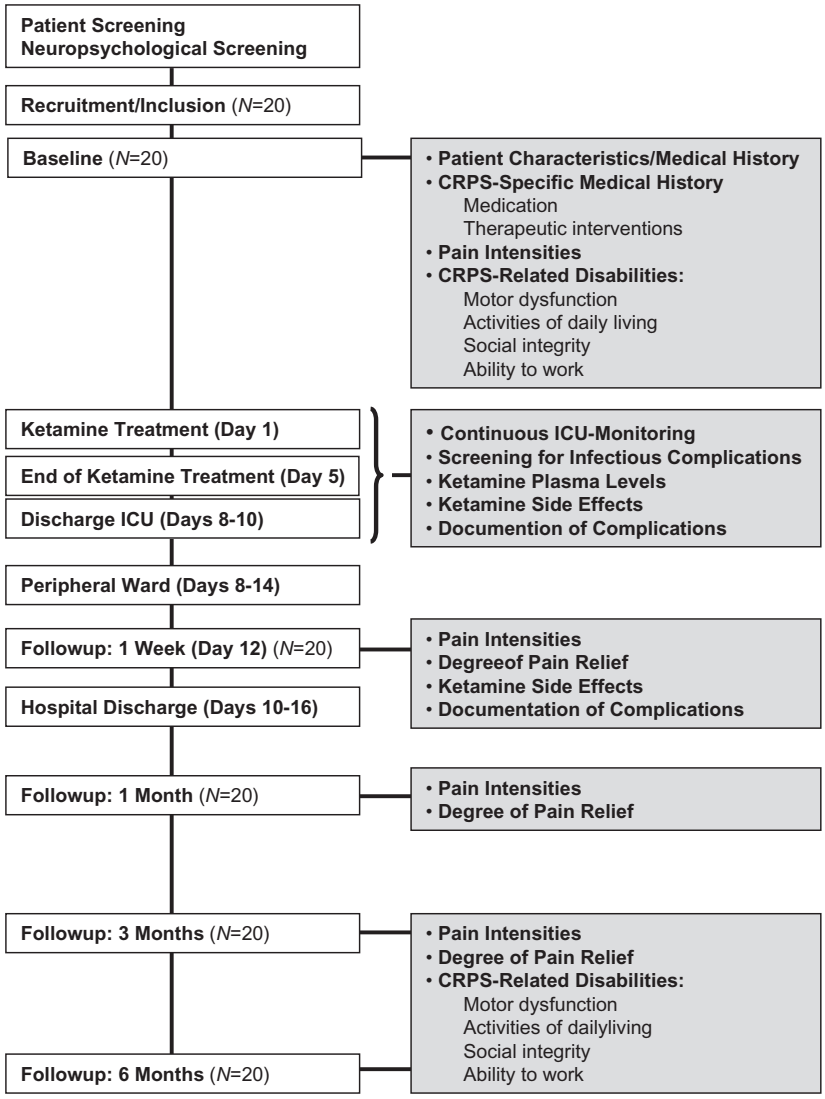

Figure 1 Flow chart summarizing patients' progress through the study. The left side of the diagram shows the timing of the assessment of patients and the investigated treatment with anesthetic ketamine. The right side of the diagram shows he investigated outcome parameters at the different assessment times throughout the study. CRPS = complex regional pain syndrome; ICU = intensive care unit.

apron) in addition to the results of the range of motion evaluation. Hand movement assessment combined grip function (gripping and holding a cup) and pinch grip ability (gripping, holding and use of a key, pencil and writing). Based on the observed range of movement combined with performance in the described functional tasks, the movement disorder was quantified utilizing a 4-point rating scale: 0: normal movement; 1: moderate disability (moderately reduced active range of motion, muscular strength, initiation, and completion of motor tasks); 2: severe disability (severely restricted active range of motion, weakness, poor initiation, and completion of motor tasks); 3: total disability (only residual movement, severe weakness, and inability to perform motor tasks).

Lower Extremity Motor Evaluation

The assessment of motor function of the lower extremity was based on the ability to walk and was scored on a 4-point rating scale: 0: normal movement (unimpaired walking); 1: moderate disability (inability to walk 500 meters); 2: severe disability (inability to walk 200 meters); 3: total disability (ability to walk <50 meters or inability to walk).

Quality of Life

The assessments to estimate disease-related impairments in activities of daily living, social integration, and the ability to work represent recognized aspects of quality of life. The assessments were performed at baseline and at 3, and 6 months following therapy.

Activities of Daily Living

Patients were asked to rate their performance of typical activities of daily living. The representative tasks of everyday life were based on selected key items contained in valid questionnaires, such as the West Haven-Yale Multidimensional Pain Inventory (WHYMPI) and the Stanford Health Assessment Questionnaire (HAQ) [38,39]. Patients were instructed to rate their ability to independently perform the following tasks: self-care (preparing meals and eating [cutting food], drinking, dressing, washing, drying, and combing), and household activities (house cleaning, grocery shopping, washing dishes, and gardening). The degree of impairment was rated using a 4-point numeric scale: 0: no impairment (all tasks can be performed independently), 1: moderate impairment (tasks can be accomplished but with difficulty), 2: severe impairment (<50% of activities can be performed independently); 3: total impairment (majority of tasks cannot be performed; dependent on the help of others).

Social Integration

Patients were queried in regard to their ability to function socially and rated their overall impairment. Representative activities were chosen from the aforementioned validated questionnaires (WHYMPI, HAQ). Patients were asked to rate their ability to perform recreational activities (pursuing hobbies, playing sports, taking trips, seeing friends/relatives, reading, going out), cultural activities (attending concerts, movies, theatre). The degree of impairment was rated using a 4-point numeric rating scale: 0: no impairment, 1: moderate impairment (all activities can be performed, but with difficulty), 2: severe impairment (<50% of activities can be performed independently), 3: total impairment (majority of activities cannot be performed and the patient is dependent on the help of others).

Ability to Work

The ability to work was rated on a 4-point scale: 0: no impairment, 1: moderate impairment (able to work more than 4 h/day but less than 8 h/day), 2: severe disability (able to work up to 4 h/day), 3: total impairment (able to work only 2 h/day or totally unable to work).

Side Effects of Treatment

Ketamine-Specific Side Effects

Psychotomimetic side effects: the occurrence, duration, and severity of ketamine-specific psychotomimetic side effects were documented following treatment. These included: anxiety, hallucinations, restlessness, difficulty in concentration, disruption of sleep, dizziness, dysphoria, euphoria, and disorientation.

Other Adverse Treatment Effects

These included all potential adverse effects associated with the intensive care nature of the treatment, such as respiratory, urinary tract or systemic infection, and cardiovascular and pulmonary complications. The occurrence of these complications, their treatment and resolution were documented.

Statistics

Data were analyzed using the statistical software package JMP IN (Version 5.1.2, SAS Institute, Cary, NC). The Kolmogorov-Smirnov test was used to assess normality. Nonparametric paired *t*-tests on ranks were used to analyze differences between baseline and those obtained during and following therapy for not normally distributed data. Normally distributed data were analyzed by paired *t*-tests. Alpha was set at 0.05. For multiple comparisons the alpha correction of Bonferroni was performed.

Results

Patient Demographics

Twenty ASA-Class I–III patients were enrolled and completed the study (18 female and two male; mean age 30.4 ± 10.4 years, range: 14–48 years). The mean duration of CRPS was 49.4 ± 25.0 months (range: 6–84 months). All patients suffered from severe or spreading CRPS. Two had rapid contiguous spread affecting the entire extremity, two suffered from mirror spread, and 16 had generalized CRPS. All patients had been unresponsive to multiple conventional treatments and had failed standard pharmacological therapy and numerous invasive procedures (Tables 1–4).

Pain Intensities and Pain relief

Pain Intensities

Pain intensities were analyzed for the entire group, as well as for the subgroup of patients with recurring initiating or maintaining pain (nociceptive or neuropathic, but without associated CRPS signs or symptoms) and the subgroup with relapsing CRPS (neuropathic pain and associated CRPS signs and symptoms).

At baseline, pain intensity of the entire group (N = 20), and of the subgroups with later recurring

Table 1 Characterization of CRPS-status at baseline: patients' age, gender, American Society of Anesthesiologists Physical Status Classification (ASA-Class), and CRPS-related characteristics at baseline: triggering injuries, sites of primary CRPS manifestation, duration of disease (months), the type of spread, the status of disease spread at baseline, and the pain intensity at baseline (NRS: 0: no pain, to 10: worst pain imaginable)

Patient No.	Age (Years)	Gender	ASA-Class	Triggering Injury/CRPS Manifestation	CRPS Duration (Months)	Type of Spread	Status of Spread Baseline	Pain Intensity (NRS: 0–10) Baseline
1	16	f	I	Sprain injury/right wrist and hand	8	Contiguous	Entire right arm	9
2	26	f	I	Brachial plexus traction injury/right shoulder	12	Mirror	Shoulders and arms bilaterally	9
3	25	m	II	Hodgkin's disease, compression of brachial plexi by lymphoma/shoulders	24	Mirror	Shoulders and arms bilaterally	9
4	46	f	II	Brachial plexus traction injury/right arm	60	Contiguous, Mirror	Left arm	9.5
5	29	f	II	Electrical shock/right arm	30	Contiguous	Right arm, shoulder, face	8.5
6	46	f	III	Crush injury right ankle and foot, operative osteosynthesis/ right foot	72	Contiguous	Right arm, right face	8.5
7	28	f	III	Trauma to lower back/right leg	60	Contiguous, Mirror	Left leg, right arm, right face	9.5
8	42	f	II	Cruciate ligament tear, tibial impression fracture/right knee	30	Contiguous	Right leg	8.5
9	22	f	II	Tendon rupture digit IV, operative repair/right hand	72	Contiguous	Right face, right leg	9
10	19	f	II	Fracture metatarsal-V/right foot	60	Mirror, Contiguous	Left leg, right face	9
11	20	f	II	Trauma to right shoulder and lower back/right arm	36	Mirror, Contiguous	Left arm, right face	9
12	35	f	III	Trauma to right shoulder and lower back/right arm	72	Mirror	Left shoulder, left arm	9
13	38	f	III	Crush injury digit-III right hand, infection and amputation/ right hand	24	Mirror, Contiguous	Right face, right leg	9
14	19	m	II	Sprain injury wrist/right hand	84	Mirror, Contiguous	Left arm, right face, right leg	9
15	36	f	II	Para-venous i.v.-line/left hand, left forearm	60	Contiguous	Left arm, left face	9
16	25	f	II	Arnold Chiari repair operation/left shoulder, arm	25	Contiguous	Left face, left leg	9
17	48	f	II	Extension/distension trauma/right hand	72	Mirror	Right leg, right face	8.5
18	41	f	II	Car accident, whiplash injury/right arm	84	Contiguous	Right arm, right face, left upper leg	9
19	14	f	III	Brown recluse spider bite inner right thigh/right thigh and leg	7	Mirror, Contiguous	Left face, left arm	9.5
20	33	f	II	Tibial torsion fracture, osteosynthetic operation/left lower leg	63	Mirror, Contiguous	Right lower leg	9

CRPS = complex regional pain syndrome; NRS = Numeric Rating Scale.

Table 2 Demographics: summarizes statistic data of patients' demographics for the entire group of patients, and the analyzed subgroups: recurring pain (all patients with recurring pain, either neuropathic, nociceptive, or both at one of the follow-ups), CRPS-relapse (all patients with a CRPS-relapse), and results of the statistical comparison of differences between the entire group and the subgroups (exact p-values)

		Entire Group	Subgroup: Recurring Pain from Initial Injury	Subgroup: CRPS-Relaspse
	N	20	9	4
Age (years)	(Mean ± SD)	30.4 ± 10.7	30.7 ± 8.2	33.7 ± 11.9
	Range (min–max)	34 (14–38)	23 (19–42)	26 (20–46)
	P Value		0.95	0.58
Weight (kg)	(Mean ± SD)	68.4 ± 18.7	68.6 ± 15.9	68.7 ± 31.6
	Range (min–max)	67.3 (48.5–115.8)	49 (48.5–97.5)	66.0 (49.8–115.8)
	P Value		0.99	0.98
Height (cm)	(Mean ± SD)	167.6 ± 10.7	168.9 ± 12.6	168.0 ± 12.6
	Range (min–max)	42.0 (152–194)	42.0 (152–194)	29.0 (154–183)
	P Value		0.78	0.95
Duration of CRPS (months)	(Mean ± SD)	49.4 ± 25.6	49.7 ± 22.8	60.0 ± 19.6
	Range (min–max)	78 (6–84)	60 (24–84)	48 (36–84)
	P Value		1.0	0.59

CRPS = complex regional pain syndrome.

pain, and relapsing CRPS were NRS 8.9 ± 0.3, 8.8 ± 0.2, and 9.2 ± 0.2 (mean ± SD), respectively, and no statistically significant differences between the groups were detected.

Following ketamine treatment, a significant reduction of pain intensity was observed at 1 week and 1 month for the entire group (NRS 0.5 ± 0.8, and 0.6 ± 1.0), and the subgroup with recurring pain (1.4 ± 0.7, and 1.7 ± 1.1, N = 7) ($P < 0.001$). At 3 months, pain intensity was significantly ($P < 0.001$) reduced compared with baseline in the entire group (NRS 0.9 ± 1.6) and the subgroup with recurring pain (2.0 ± 0.9, N = 4). Three patients had a CRPS relapse, but had significantly reduced pain compared with baseline (NRS 3.8 ± 1.4, $P < 0.004$). Pain intensity at 6 months was significantly reduced for the entire group of patients (2.0 ± 2.4, $P < 0.001$), the subgroups with recurring pain (3.6 ± 2.0, $P < 0.001$, N = 6), and those with a CRPS relapse (4.6 ± 1.1, $P < 0.002$, N = 4). The results are summarized in Figure 2.

Pain Relief

The calculated percentage of pain relief was significant following ketamine treatment at 1 week (mean ± SD: 94.5% ± 8.9, and at 1, 3, and 6 months (93.5% ± 11.1, 89.4% ± 17.0, 79.3% ± 25.3) in the entire group of patients ($P < 0.001$). Analyses for the subgroup with recurring pain showed significant pain relief at 1 week (84.4% ± 8.22, N = 7, $P < 0.001$), and 1, 3, and 6 months (81.4% ± 11.5, 77.8% ± 10.1, and 64.32% ± 23.8, N = 7, 4, and 6, $P < 0.001$ in all), respectively.

Pain relief in the subgroup of CRPS patient with relapse was maintained at 3, and 6 months (59% ± 14.7, N = 3, $P < 0.004$, and 50.21% ± 10.6, N = 4, $P < 0.002$). Figure 2 summarizes the results.

Movement Disorder

Upper Extremity

For statistical analyses, the separately assessed scores the impairment of movement in the arm and hand of each side of the body was added to a total score for hands and arms. Thus, the minimal sum score was 0 (normal bilateral movement) and maximal 6 (total bilateral impairment). All patients (N = 20) showed impaired movement in the upper extremities.

At baseline a sum score of 3.2 ± 1.2 (mean ± SD) for movement in the arms, and 3.7 ± 1.2 for movement in the hands was documented (N = 20). At 1, 3, and 6 months, a significant ($P < 0.001$) reduction of the sum score was noted for the movement impairment in the arms (1.4 ± 0.83, 0.5 ± 0.8, and 0.4 ± 0.8), and hands (1.6 ± 0.8, 0.5 ± 0.9, and 0.5 ± 0.8), respectively.

Lower Extremity

Statistical analyses of scores for decreased movement in the lower extremities were based on the direct scores of the aforementioned 4-point-based numeric rating scale. Of the entire group, only those with a movement disorder in the lower extremity were included for statistical analyses. At baseline, patients with movement disorder of the lower extremity (N = 15) had a score of 2.3 ± 0.7 (mean ± SD). Following treatment, their impairment was significantly reduced at 1, 3, and 6 months (1.3 ± 0.9, 0.6 ± 0.7, and 0.6 ± 0.6;

Table 3 Failed physiotherapy and pharmacotherapy: summarizes the individual patients' failed physiotherapeutic and pharmacotherapeutic approaches at baseline

		Pharmacotherapy							Topical Pharmca	
Patient No.	Physiotherapy	NSAID	Antidepressants	Anticonvulsants	Spasmolytics	Sodium-Channel-Blocker	Low-Potent Opioids	High-Potent Opioids	Lidocaine	DMSO
1	+	+	+				+	+		
2	+	+	+	+	+	+		+		+
3	+	+	+	+	+			+		
4	+	+	+	+	+	+	+	+		+
5	+	+	+	+	+		+	+		+
6	+	+	+	+	+		+	+		+
7	+	+	+	+	+		+	+		
8	+	+	+	+	+	+	+	+	+	
9	+		+	+	+			+		
10	+	+	+	+	+			+		
11	+	+	+	+	+			+		
12	+	+	+	+	+			+		
13	+	+	+	+	+			+		
14	+	+	+	+			+	+		
15	+		+	+	+		+	+		
16	+		+	+	+			+		
17	+	+	+	+			+	+	+	+
18	+	+	+		+		+	+		
19	+	+	+	+	+			+		
20	+	+	+	+	+		+	+		+

The "+" indicates, which treatments have been performed and failed, defined as being without primary effect, or no lasting (>2 months) on pain relief.
NSAID = nonsteroidal anti-inflammatory drugs; DMSO = dimethylsulfoxid containing ointment; IVRSB = intravenous regional sympathetic blockade.

Table 4 Failed Interventional therapies: summarizes for the individual patients' failed interventional treatments at baseline

		Nerve-Blocks		Sympathetic Blocks									
Patient No.	Trigger-Point-Infiltrations	Selective Nerve Blocks	Brachial Plexus Block	IVRSB	Intrapleural Block	Stellate Ganglion Blocks	Cervical Epidural	Thoracic Epidural	Lumbar Epidural	Lumbar Sympathetic Chain Block	i.v. Lidocaine	Spinal Cord Stimulation	Intrathecal Systems
1		2	2	1		3							
2					2						3		
3					3						2		
4	>8	>4		2	2	>4			>3		3		
5	>10	>2			>3						3		
6	>4	>4		2					4	2	4		+
7		>6							>4	2	2	+	+
8		>8							2	1	1		
9	>4	>5	2	2	2	>6					2		
10	5	>6			2				>3	1	2	+	
11	>4	>5		2	2	>6			2		1		
12	>6	>6			2	>4			>4	1	2	+	
13	>8	>8	3	>5	1			1	1		1		
14	>8	>8		2	1	>6	2	1			1		
15	>6	>8			2	>6	1		3		2	+	
16	>4	>6	2			>4					1		
17	>10	>8	2			>8			>3		2		
18	>6	>4		2		2					1		
19		3		1					1		1		
20	>8	>11		2					3	2	2	+	+

The performed interventions, which had failed, are indicated by a number, indicating the frequency of failed interventions, or by a "+." Failure was defined as being without primary effect on pain, or no lasting effect (>2 months) on pain relief.
IVRSB = intravenous regional sympathetic blockade.

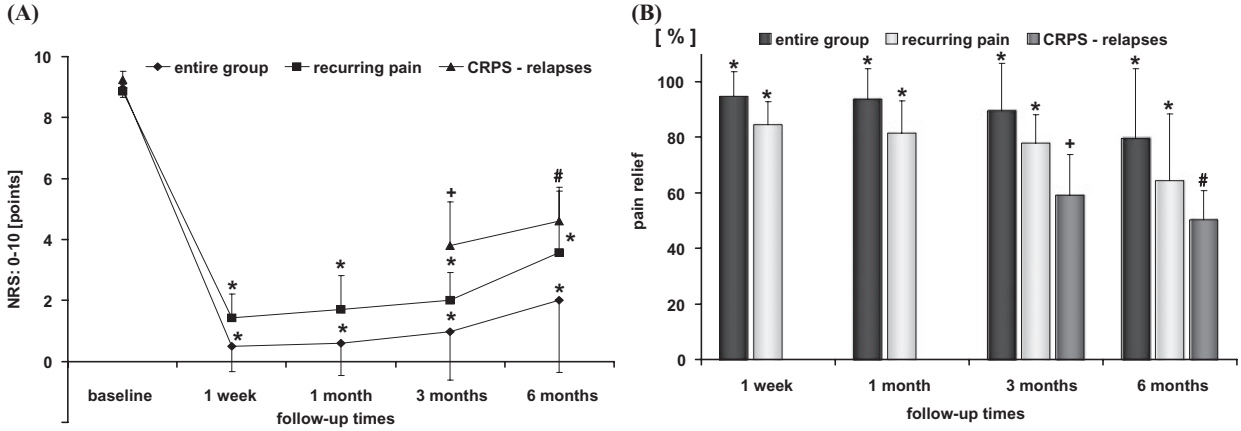

Figure 2 The pain intensities (A) and the degree of pain relief (B) before and following the treatment. Part (A) shows the pain intensities (NRS: 0–10, data presented as mean ± SD) of the entire treatment group (N = 20) for baseline, at 1 week, and 1, 3, and 6 months following treatment and significant differences compared with baseline (*$P < 0.001$), and the results of the subgroup analyses for patients with recurring pain (N = 7 at 1 week, and 1 month, N = 4 at 3, and N = 6 at 6 months) and significant differences compared with baseline, as well as results for the subgroup with relapsing CRPS (N = 3 at 3 months, N = 4 at 6 months) and significant differences compared with baseline (+$P < 0.004$; #$P < 0.0029$). Part (B) summarizes the percentage of pain relief following the treatment. Data are presented as means ± SD for the entire group and the subgroups with recurring pain, and relapsing pain, respectively. Significant degrees in the percentage of pain relief are indicated (*$P < 0.001$; +$P < 0.004$; #$P < 0.002$). NRS = Numeric Rating Scale; CRPS = complex regional pain syndrome.

N = 15, $P < 0.001$). Figure 3 summarizes the results.

Quality of Life

Activities of Daily Living

At baseline, the ability to independently accomplish activities of daily living was rated as severely impaired by seven, and as totally impaired by 13 patients, with a mean score of 2.35 ± 0.4 (mean ± SD) for the entire group. At 3 months, the impairment was rated as severe by one, as moderate by 12, and as not impaired by seven patients, with a mean score of 0.7 ± 0.6, and a significant difference compared with baseline ($P < 0.001$). At 6 months, there was a significant difference in the ability to perform activities of daily living compared with baseline. One patient rated total impairment, three severe impairment,

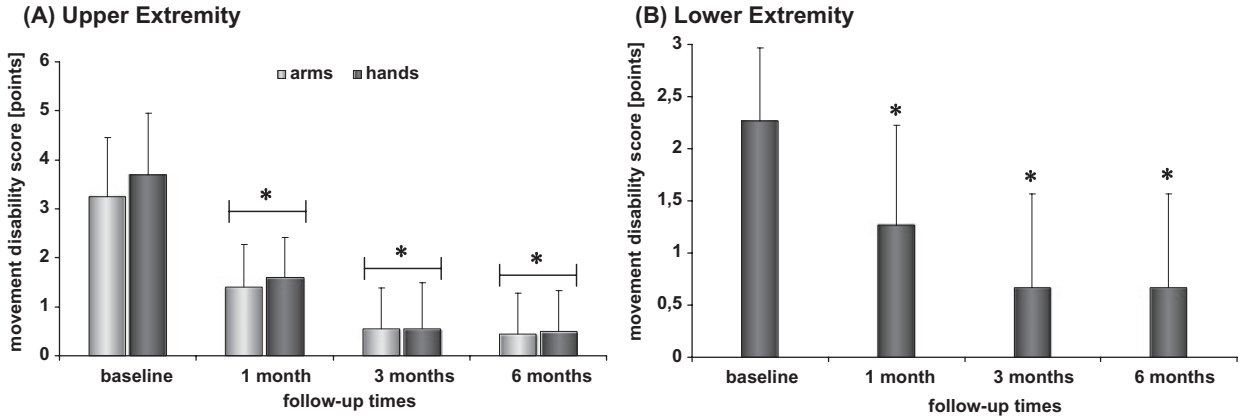

Figure 3 The changes for the movement disability score (4-point rating scale: 0: normal movement, 3: total impairment) of the different assessment times. Data are presented as means ± SD for baseline, and the follow-ups at 1, 3, and 6 months. (A) Upper extremity: data show the results of a sum-score (movement disability scores of both body sides were added, thus a minimal score of 0 (normal bilateral movement), and 6 (total impaired bilateral movement) for impairment of movement in arms and hands, and significant differences compared with baseline (*$P < 0.001$). (B) Lower extremity: results and significant differences in the movement disability score for the lower extremity at baseline and the follow up assessments ($P < 0.001$).

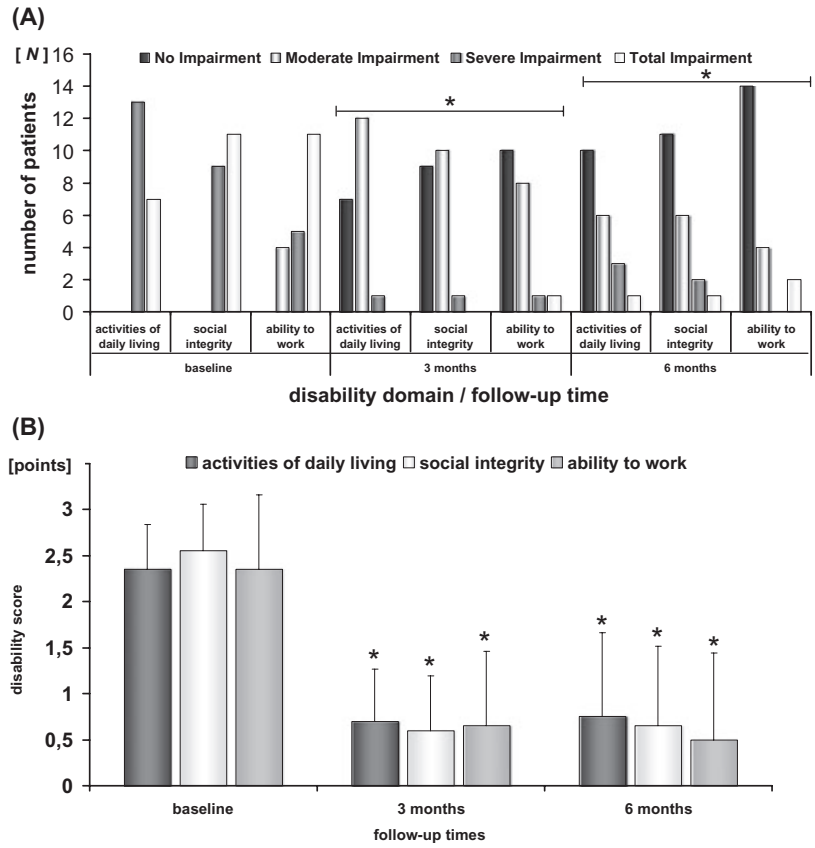

Figure 4 The results for the assessments of quality of life: the impairment in activities of daily living, the impairment in social integration, and the ability to work. Patients rated their impairment on a 4-point rating scale (0: no impairment, 3: total impairment). Part (A) shows the absolute number (N) of patients in each category of impairment at baseline and the follow-ups, and significant differences compared with baseline (*$P < 0.001$). (B) Severity of impairment: the impairment scores for the entire group for impairment of activities of daily living, social integration, and the ability to work at baseline, 3, and 6 months and significant differences compared with baseline (*$P < 0.001$).

six moderate impairment, and 10 patients no impairment for a mean score of 0.7 ± 0.9 ($P < 0.001$). Results are shown in Figure 4.

Social Integration

The impairment in social integration prior to treatment was rated as complete by 11 patients and severe by nine. Their mean impairment score was 2.5 ± 0.5. At 3 months, their impairment was rated as severe by one, as moderate by 10, and nine were unimpaired. Their mean score of 0.6 ± 0.6, was significantly improved compared with their pretreatment baseline ($P < 0.001$). At 6 months, there was significant improvement in the group with one patient rating total impairment, two severe impairment, six moderate impairment, and 11 patients no impairment (mean score of 0.6 ± 0.8 ($P < 0.001$). Results are shown in Figure 4.

Ability to Work

The impairment in the ability to work prior to treatment was rated as complete by 11, severe by 5, and as moderate by four patients (mean impairment score of 2.3 ± 0.8). At 3 months, the impairment in ability to work was rated as complete and severe by one patient in each category, as moderate by eight, and as not impaired by 10 patients (mean score of 0.6 ± 0.8), which was significantly improved compared with their baseline ($P < 0.001$). At 6 months, there was significant improvement in the ability to work as only two patients in the cohort were unable to work, four had moderate impairment, and 14 patients had no impairment (mean score of 0.5 ± 0.9) ($P < 0.001$). Results are shown in Figure 4 and Table 5.

Ketamine and Norketamine Plasma Concentrations

High-pressure liquid chromatography analysis of ketamine and norketamine plasma levels was in 18 patients. The sampling and analysis of two patients was incomplete, because of initial technical difficulties and therefore were not included in the analyses. Figure 5 summarizes the plasma concentrations for ketamine and norketamine.

Side Effects

Ketamine-Specific Side Effects

Psychotropic Ketamine Side Effects

Psychotropic side effects that included anxiety, dysphoria, nightmares, and difficulties with sleep

Table 5 Individual outcome following anesthetic ketamine: the individual patients' outcome for: pain response (data shown for the follow-ups at 1, 3, an 6 months), movement disorder (data shown for baseline, 3, 6 months; numbers given indicate: sum score movement disability in the arms (0: bilateral normal movement–6: bilateral total impairment)/sum score movement disability in the hands (0: bilateral normal movement–6: bilateral total impairment)/movement disability score for the lower extremities (0: normal walking–3: total impairment), and the impairment in the assessed aspects of quality of life: every day activities, social life activities, and working capacity

	Pain			Movement Disorders			Activities of Daily Living			Social Integration			Ability to Work		
Patient No.	1 Month	3 Month	6 Month	Baseline	3 Months	6 Months	Baseline	3 Months	6 Months	Baseline	3 Months	6 Months	Baseline	3 Months	6 Months
1	FR	FR	FR	3/3/0	0/0/0	0/0/0	TI	NI	NI	TI	NI	NI	TI	NI	NI
2	FR	FR	FR	4/5/0	0/0/0	0/0/0	SI	NI	NI	SI	NI	NI	SI	NI	NI
3	RP	FR	FR	4/4/0	0/0/0	0/0/0	SI	MI	NI	SI	MI	NI	SI	NI	NI
4	RP	CRPS	CRPS	4/5/2	2/2/1	2/2/1	SI	MI	SI	TI	MI	SI	TI	MI	TI
5	FR	FR	RP	2/3/0	1/0/0	1/1/0	SI	MI	SI	SI	NI	SI	TI	MI	NI
6	FR	FR	FR	5/5/3	0/0/0	0/0/0	TI	MI	MI	TI	MI	NI	TI	MI	NI
7	RP	CRPS	CRPS	4/5/3	2/3/3	2/3/3	TI	SI	TI	TI	SI	TI	TI	TI	TI
8	FR	FR	RP	2/4/2	0/0/1	0/0/1	SI	MI	MI	SI	MI	MI	MI	NI	NI
9	FR	FR	FR	2/3/1	0/0/0	0/0/0	SI	NI	NI	SI	NI	NI	SI	NI	NI
10	RP	FR	FR	2/3/2	0/0/0	0/0/0	TI	NI	NI	TI	NI	NI	MI	NI	NI
11	RP	CRPS	CRPS	2/3/3	2/2/1	2/2/1	SI	MI	SI	SI	MI	MI	MI	MI	MI
12	RP	RP	RP	5/5/3	2/2/2	2/2/2	TI	MI	MI	TI	MI	MI	TI	MI	MI
13	RP	FR	FR	5/6/3	1/0/0	0/0/0	TI	MI	NI	TI	MI	NI	TI	MI	NI
14	FR	FR	RP	4/2/2	1/1/0	0/1/0	SI	MI	NI	TI	NI	NI	MI	NI	NI
15	FR	RP	RP	2/2/1	0/0/0	0/0/0	SI	MI	MI	TI	MI	MI	SI	MI	NI
16	FR	FR	FR	3/3/2	0/0/0	0/0/0	SI	NI	NI	SI	NI	NI	SI	NI	NI
17	FR	FR	FR	1/1/0	0/0/0	0/0/0	SI	MI	NI	SI	NI	NI	TI	NI	NI
18	RP	RP	CRPS	4/4/2	0/1/1	0/0/1	SI	MI	MI	TI	MI	MI	TI	MI	MI
19	FR	FR	FR	4/4/3	0/0/0	0/0/0	TI	NI	NI	TI	NI	NI	TI	NI	NI
20	FR	RP	RP	3/4/2	0/0/1	0/0/1	SI	NI	MI	SI	MI	MI	TI	MI	MI

FR = full remission; RP = recurring pain; CRPS = complex regional pain syndrome-relapse; NI = no impairment; MI = moderate impairment; SI = severe impairment; TI = total impairment.

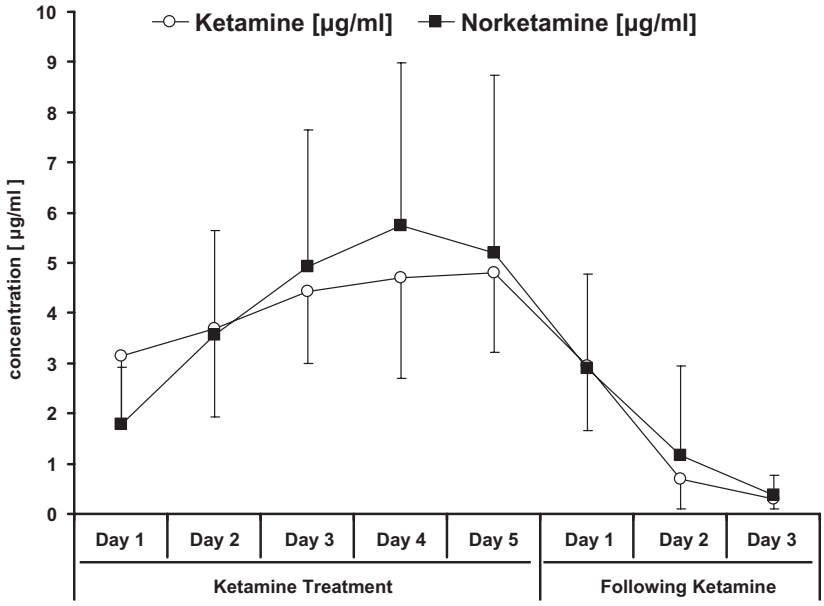

Figure 5 Ketamine and norketamine plasma concentrations. Summarizes by the HPLC determined plasma concentrations for racemic ketamine and the primary active metabolite norketamine (µg/mL) over the five treatment days with anesthetic days and subsiding in the three consecutive days after anesthetic ketamine treatment. HPLC = high-pressure liquid chromatography.

were observed in the majority of patients upon emergence from ketamine anesthesia. The intensity of these ketamine-specific side effects was most severe in the initial days following emergence from anesthesia and resembled an acute withdrawal. These symptoms were successfully treated with small doses of clonidine and/or benzodiazepines. The psychotropic side effects faded within the first week following treatment in the majority of patients. However, five patients reported difficulties with sleeping and recurring nightmares for a month following treatment. Muscular weakness was reported in all patients for as long as 4–6 weeks following treatment.

Adverse Treatment Effects

Infectious Complications

No major or life threatening complications were observed. The majority of complications were infections associated with the intensive care nature of treatment. Seven patients had respiratory infections, tracheobronchitis in five, and pneumonia in two patients. Fever was observed early (within 24–48 hours) following the initiation of anesthetic doses of ketamine, with concomitant leucocytosis (12,000–16,000/µL) and elevation of the CRP (6–25 mg/dL). Culture of tracheal secretions revealed *S. aureus* (methycillin sensible *S. aureus*, N = 6), *Klebsiella pneumoniae* (N = 2), and *Proteus mirabilis* (N = 1), as the pathogens in these cases. Lower urinary tract infections were seen in six patients, and urine cultures revealed enterococcus species (*E. faecium*, *E. faecalis*), and *E. coli* as the pathogens. These infectious complications were successfully treated with antibiogram-guided antibiotic therapy.

Laboratory Evaluation

During treatment, transient rises in liver enzymes, CPK and CKMB were observed. Blood tests prior to the start of therapy revealed elevated liver enzymes (γ-GT: 20–60 U/L in five patients, and GOT: 20–38 U/L in five patients), all of whom had been taking combinations of analgesics, antidepressants, and seizure medications. Under anesthesia, elevations of liver enzymes were noted in 16 patients for γ-GT (range: 30–94 U/L), GOT (range 30–98 U/L), and GPT (20–94 U/L), the maximal elevations occurred on days 5–6 of treatment. Elevations in CPK (range: 20–800 U/L) were observed in 16 patients, all of whom had normal ratios for CPK/CKMB which where below 10%. Both the elevation of liver enzymes and CPK decreased following treatment and returned to reference values within 10–14 days.

Discussion

This open-label study suggests an impressive effect of anesthetic ketamine in advanced and refractory CRPS patients. Pain scores were significantly improved and long-term complete pain relief was observed in 50% of patients. Patients that suffered recurring pain alone and recurring pain in conjunction with a CRPS relapse also maintained significant relief during the course

of the study. In addition, there was significant improvement of the movement disorder, ability to perform activities of daily living, and the ability to work in concert with the decrement in pain. However, the dramatic nature of the intervention would be expected to cause a strong placebo response and the nonrandomized uncontrolled design of this study leave its results suggestive but unproven.

There are many possible mechanisms that underlie the marked and long-lasting effects of anesthetic ketamine in these severely affected CRPS patients. Because this is an open-label phase II study with lack of controls, the results may not be completely attributable to ketamine. Anesthetic doses of ketamine have not been studied in the therapy of chronic pain states. Existing evidence for the efficacy of ketamine in chronic pain disorders was obtained by utilizing low subanesthetic dose protocols primarily for neuropathic pain states other than CRPS. The first data on the beneficial effects of ketamine for CRPS were obtained from case reports and small case series [23–26,28]. In these studies, subanesthetic ketamine was administered via systemic, epidural or topical routes and provided dramatic relief from pain and associated CRPS symptoms in some patients. However, these studies differ in the routes of ketamine administration, dosage, treatment time, patient clinical profiles, and the duration of observation following treatment. The main limitations in determining the benefit of ketamine in these studies are sample size, lack of a control population and standardization of the treatment and measurement protocols. Long-term pain relief for 8 months was observed following a 10-day course of epidural ketamine (0.25 μg/kg/h) in a patient with lower extremity CRPS [23]. Harbut utilized continuous subanesthetic ketamine for 6 days in a patient that had suffered 9 years of CRPS and achieved pain relief for 5 months [28]. Recently, a larger-scale retrospective case series described long-term relief from pain following continuous low-dose ketamine [27]. In this series, the best response to ketamine was observed in patients with early CRPS whose symptoms and signs were well localized to the distal aspects of one extremity. In a subgroup of refractory CRPS patients, we recently showed subanesthetic continuous S(+)-ketamine (500 mg/day) administered over 10 days (exceeding the equianalgesic ketamine dosages used by Correll) was ineffective in relieving pain or attenuating severe thermal and mechanical allodynia [29]. To our knowledge, there are no randomized controlled trials on the efficacy of ketamine in the treatment of CRPS.

Complex regional pain syndrome is generally thought to be a subset of neuropathic pain [2,4]. Although as noted above, inflammatory components are often predominant in early stages [40,41], the exact pathophysiology is unknown but strides have been made in the understanding of possible mechanisms that underlie the generation and maintenance of this possible neuropathic pain [8,17]. A critical role for NMDA-receptors that contribute to central sensitization in chronic neuropathic pain is well established [16,17]. Consequently, the efficacy of several NMDA-receptor antagonists has been investigated in various neuropathic pain conditions. In human and animal studies, ketamine was shown to have a dose-dependent effect on neuropathic pain features, such as secondary hyperalgesia, allodynia, long-term potentiation, and wind-up [42–46]. Several clinical trials in neuropathic pain conditions have confirmed beneficial effects of ketamine in the therapy of chronic pain. In a randomized controlled trial of postherpetic neuralgia, iv ketamine significantly reduced pain, allodynia, and hyperpathia [47]. Similarly, intravenous ketamine has been shown to produce significant pain relief and reduction of wind-up pain in a randomized controlled trial of chronic phantom pain [48]. A randomized trial of intramuscular ketamine provided 24 hours of significant pain relief in patients with facial neuralgia [49]. Several trials have noted long-term affects of ketamine that outlast its pharmacological profile [18–20,49]. In addition, animal and clinical studies have demonstrated that the efficacy of ketamine is dose-dependent [19,43,44,50]. As the incidence and degree of ketamine side effects also depends on dosage, most trials in pain medicine have been performed with low doses [14]. This trial of anesthetic dosage of ketamine in refractory CRPS, as well as the first patient treated on a compassionate care basis [51] demonstrated long-term significant pain relief that outlasts its pharmacological profile.

Many aspects of the pathophysiology of CRPS remain unclear. Recently, CRPS has been posited to be a disease of the CNS [7]. The molecular mechanisms underlying CRPS are hindered by lack of an exact animal model that is completely valid for this complex clinical entity [52]. Its characteristic signs and symptoms may occur as a consequence of dysregulated efferent central control of several systems (i.e., somatosensory, motor, and sympathetic) and appears to be maintained from a

peripheral sensitizing afferent nociceptive barrage. The molecular mechanisms responsible for inducing and maintaining these lasting and self-maintaining neuroplastic changes in CRPS are not known but there is evidence for NMDA-receptor mediated neuronal plasticity and facilitation of central pain processing [8]. Another potential mechanism underlying the syndrome is injury induced activation of central microglia that secrete inflammatory cytokines which activate central pain projecting neurons [53]. The relative importance of mechanisms for central sensitization mediated by the NMDA-receptor and subsequent calcium cascades or effects of inflammatory cytokines on pain transmission neurons or both in concert is not known [17,21]. Recent evidence in a rat model of neuropathic pain demonstrated a comparable long-term suppression of allodynia by ketamine that outlasted the duration of its NMDA blockade [50]. Thus, down-regulation of central sensitization mediated by NMDA-receptor blockade might explain in part long-term effects of ketamine in neuropathic pain.

Other relevant mechanisms mediated by ketamine that contribute to pain relief in these patients must be considered. These include potential modulation of peripheral NMDA- and non-NMDA-receptors. Ketamine inhibits peripheral glutamate receptors which play a role in both peripheral and subsequent central sensitization [54]. In addition, ketamine interacts with various receptors involved in nociception that include AMPA and kainate glutamate receptors, voltage-dependent ion channels, sodium and L-type calcium channels, opioid receptors (μ-, κ-, and δ-opioid receptors), $GABA_A$-receptors, and nicotinic and muscarinic acetylcholine receptors [15]. Ketamine induced inhibition of nitric-oxide synthase might also contribute to its analgesic effects [15]. As noted above, proinflammatory mediators are known to play an essential role in the processes of peripheral and central sensitization [55]. Ketamine induces a profound inhibition of proinflammatory cytokines and other inflammatory mediators, both in experimental and clinical studies [15,22]. A recent study demonstrated significant increases in proinflammatory cytokines in the cerebrospinal fluid of CRPS patients, which suggests a potential role of neuroimmune activation in CRPS [56]. The anti-inflammatory effects of ketamine administered in anesthetic doses may also play a role in its effects on these patients. Alternatively or in addition to ketamine, midazolam and clonidine may also contribute to the effectiveness of this treatment. Clonidine, a central α_2-adrenergic agonist, has analgesic properties [57]. Its analgesic potency is weak but has effect when administered by epidural, intrathecal or a transdermal route. Although the analgesic effects of intravenous clonidine are controversial, a synergistic interaction with ketamine in our patients is possible [57]. Another synergistic effect of this treatment may be due to midazolam, a short-acting $GABA_A$ agonist. In the course of central sensitization, GABA-ergic inhibitory transmission is depressed by NMDA-dependent mechanisms which leads to prolonged depression of inhibitory transmission and thus potentiation of central pain projecting neuron hyperexcitability [17,58]. The large doses of midazolam administered during treatment would be expected to enhance GABA-ergic induced inhibition during this treatment while its role as an analgesic is unclear [17,58]. The possible contributions of the placebo effect and or resetting of pain processing mechanisms due to 5 days of anesthesia in the beneficial effects of this treatment are unknown.

A most relevant concern of this invasive procedure is patient safety. Modern intensive care medicine standards achieve a high level of patient safety. Ketamine has been safely used for over 30 years in clinical anesthesia and also in intensive care. However, a potential concern is NMDAR-antagonist induced neurotoxicity that has been demonstrated in animal experimental work in the developing and adult rat brain [59]. Neurotoxic effects are prevented by administration of clonidine and $GABA_A$-agonists [60,61]. To the best of our knowledge, neurotoxicity of ketamine to date has not been demonstrated in humans [62]. Initial studies investigating ketamine sedation in brain injured patients in the intensive care setting were not associated with significant morbidity or mortality [63,64]. However, these studies were not powered for a valid assessment of safety. The reported duration of ketamine sedation (6.1 ± 3.2 days) and the dosage of ketamine (maximal dose: 94 ± 23 μg/kg/min) are comparable to our study (5 days of sedation; maximal dose: ~84 μg/kg/min) [63].

Nonetheless, it must be emphasized that this protocol is associated with serious risks. The major complications observed in this study were respiratory and urinary tract infections, representing typical infections in intensive care. Although, in this series, infections resolved under antibiotic treatment, it must be emphasized that infectious complications still represent the main source of

morbidity and mortality in modern intensive care medicine. Transient ketamine-specific psychotropic side effects occurred on emergence from ketamine anesthesia and were successfully controlled by benzodiazepines and clonidine. There were no long-term psychiatric or cognitive impairments in any patient [65]. Moderate muscle weakness persisted for a month to 6 weeks.

In addition to all of the limitations inherent in a nonrandomized uncontrolled trial, there are several other limitations of this study: 1) the movement disorder, social integration, activities of daily living and ability to work measures were subjective and have not been validated in CRPS patient; 2) the CRPS patient population studied is not representative of that seen in most pain centers as it is drawn from the entire USA; 3) the mechanism of the spread of other validated factors of CRPS from the area of original injury is not known. The severity of this clinical component in these patients is unusual and may represent or be a consequence of the role of central glia pathophysiology in chronic pain states, central sensitization, functional reorganization of pain processing systems or dysfunction of descending pain control mechanisms. The area of primary CRPS may be maintaining a more generalized pain state.

A complete double blind placebo controlled randomized clinical trial would be logistically and ethically at least difficult, but its realization represents a major challenge of future work to possibly confirm the observed effect.

Conclusion

This phase II open-label study utilizing anesthetic doses of ketamine with midazolam and clonidine suggests possible effectiveness for severe CRPS patients that have failed all available standard therapies. A definitive, large multicenter randomized controlled trial is needed to confirm these results.

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Appendix 1: The validated criterion factors for CRPS and their location in the 20 patients of this study (Harden RN, Bruehl SP. Diagnostic Critera: The statistical derivation of the four criterion factors. In: Wilson P, Stanton-Hicks M, Harden N, eds. CRPS: Current Diagnosis and Therapy. Seattle, WA: IASP Press; 2005:45–58). Baseline pain expressed on a numeric rating scale (NRS: endpoints: 0: no pain and 10 most severe pain imaginable)

Demographics	Triggering Injury Site of Primary CRPS	Abnormalities in Pain Processing Factor 1	Skin Color and Temperature Changes Factor 2	Factor Vasomotor and Sudomotor/Edema Changes Factor 3	Motor Dysfunction and Trophic Features Factor 4
No. 1 16 yo female CRPS 8 months Baseline Pain NRS 9 ASA Class I	Strain injury right right hand, wrist; brachial plexus traction injury	All brachial plexus distributions right, V1-V3 facial distributions Hyperalgesia to pinprick; spontaneous burning pain; evoked shooting pain; mechanical allodynia (dynamic and static); thermal allodynia to cold	Temperature asymmetry: increased right arm and face > left; erythematous right arm and face; fluctuating erythema right arm and face, to lesser degree left side of the face	Massive edema of the entire right arm, edema right shoulder and face; hyperhidrosis greater right arm than left	Decreased range of motion right hand (unable to flex fingers at all) and arm; weakness of distal hand muscles; decreased ability to initiate finger movements; increased nail ridging; increased hair growth right hand and forearm
	Clinical criterion factors that were positive in a contiguous distribution	Positive in upper trunk left brachial plexus and left facial distribution (hyperalgesia to pinprick; mechanical dynamic and static allodynia; cold allodynia)			Decreased ability to initiate movement of fingers of left hand
No. 2 26 yo female CRPS 12 months Baseline Pain NRS 9 ASA Class I	Right brachial plexus traction injury	All brachial plexus distributions, V1-V3 facial distributions bilaterally Hyperalgesia to pinprick; spontaneous burning pain; evoked shooting pain; mechanical allodynia (dynamic and static); thermal allodynia to cold	Temperature asymmetry: increased right arm and face > left; erythematous right arm and face; fluctuating erythema right arm and face	Edema of right arm and face; hyperhidrosis greater right arm than left	Decreased range of motion right hand (unable to completely flex fingers); weakness of distal hand muscles; decreased ability to initiate finger movements; increased nail ridging; loss of hair right hand and forearm
	Clinical criterion factors that were positive in a mirror distribution	Positive in upper trunk left brachial plexus distribution (hyperalgesia to pinprick; mechanical dynamic and static allodynia; cold allodynia)			Decreased ability to initiate movement of fingers of left hand
No. 3 25 yo male CRPS 24 months Baseline Pain NRS 9 ASA Class II	Right brachial plexus; Hodgkin's disease; compression of the brachial plexus by lymphoma	Right brachial plexus; V1-V3 Hyperalgesia to pinprick; spontaneous burning pain; evoked lancinating and tingling pain; deep ache; mechanical allodynia (dynamic and static); joint pain (small joints of the fingers); thermal allodynia to cold	Temperature asymmetry: increased in the right arm and face > the left arm and face; erythematous entire right arm and face; no fluctuation of erythema in right arm and face	Severe edema of the face; moderate edema of the right arm and hand; hyperhidrosis bilaterally of the arms and right face; edema static in right arm and face	Difficulty initiating fine finger movements right hand; weakness of dorsal and volar interossei and abductor pollicis brevis right hand; supraspinatus and infraspinatus weakness of the right arm; occasional myoclonic jerk of right arm; increased nail growth, ridging and thickness of fingers of right hand
	Clinical criterion factors that were positive in the left arm and hand	Hyperalgesia to pinprick; mechanical dynamic and static allodynia; cold allodynia; less severe spontaneous burning pain; less severe evoked lancinating pain	Normal temperature arm and face; slight erythema of the left ear; static color change of the ear (eryrhema)		Slightly slow initiation of movement; full strength; no adventitial movement; full range of movement

No. 4 46 yo female CRPS 60 months Baseline Pain NRS 9.5 ASA Class II	Right brachial plexus traction injury	Hyperalgesia to pinprick right face, arm, anterior chest and total leg; spontaneous burning pain, deep ache entire right side of the body; severe right L5-S1 distribution lancinating pain; mechanical, dynamic and static allodynia of entire right side of the body; thermal allodynia to both cold and heat; cold allodynia spread six inches to either side of the stimulus (tuning fork)	Temperature asymmetry; right arm and face > than left (higher); erythema of the right arm and face; normal skin color of the left arm and face; fluctuating color change of the right arm and face	Constant edema of the right hand, arm and face; hyperhidrosis of right arm and face; constant edema of right face and hand; symptoms of tightness in the hand	Decreased range of motion of all fingers of right hand; unable to flex the fingers fully; weakness of all distal muscles of right hand; exaggeration of physiologic tremor of right upper extremity; occasional myoclonic jerk of right upper extremity; flexion dystonic posture of arm and wrist; motor neglect of right arm; loss of hair on the right forearm; thickened ridged and brittle nails of right hand
	Clinical criterion factors that were positive in other than primary areas of involvement right arm Clinical criterion factors that were positive in other than primary areas of involvement right leg	Tactile mechanical dynamic and static allodynia (upper and lower trunk, brachial plexus distributions on the left); hyperalgesia to pinprick (upper and lower trunk brachial plexus distributions); cold allodynia (upper and lower trunk); left arm Mechanoallodynia (static and dynamic) of the right upper leg in regional distribution	Minimal hyperhidrosis of left arm; normal temperature of left arm	Minimal erythema (rarely) of the left arm	Slight difficulty initiating and maintaining left hand finger movements
	Additional features Severe non-fluctuating venous distention in hand and forearm veins; L4-L5; L5-S1 radicular motor and sensory changes on the left side; erythematous ear on the right; upper trunk of brachial plexus; lower trunk brachial plexus				
No. 5 29 yo female CRPS 30 months Baseline Pain NRS 8.5 ASA Class II	Right brachial plexus (electrical injury; tear of the labrum of the glenoid fossa of the humerus)	Severe hyperalgesia to pinprick regional distribution of the right upper extremity; spontaneous burning pain; lightening-like pain right upper extremity; mechanical dynamic and static allodynia; cold allodynia; deep muscle sensitization to pressure of right upper extremity in regional distribution	Higher temperature right upper extremity than left upper extremity; erythema of entire right upper extremity; left trapezius ridge had color change; erythema static in affected areas	Edema of the right upper extremity and face; hyperhidrosis of right upper extremity; swollen stiff right hand	Right hand demonstrated difficulty initiating finger movements; weakness of all distal right hand musculature; spasm of the right upper extremity; loss of hair; brittle atrophic nails with ridging; loss of integument of the 4th and 5th fingers right hand; shiny thin skin of the right hand
	Clinical criterion factors that were positive in contiguous areas	Mechanoallodynia, (static and dynamic) of the right face Allodynia and hyperalgesia to pinprick in the same distribution; spontaneous burning pain in the face and thigh	Increased temperature face V1-V3, and regionally in the upper thigh; erythema of the face; no fluctuation of erythema of the face	Edema and hiperhidrosis of the right face V1-V3 distribution; complaints of narrowing of palpebral fissure from edema right V1	
	Additional features Pain in bioccipital tendon; severe Tinel signs with compression of the supraradicular fossa, pronator canal, Arcade of Frohse and carpal tunnel; anterior shoulder instability; touch on the arm spread to the face				

Appendix 1: Continued

Demographics	Triggering Injury Site of Primary CRPS	Abnormalities in Pain Processing Factor 1	Skin Color and Temperature Changes Factor 2	Factor Vasomotor and Sudomotor/Edema Changes Factor 3	Motor Dysfunction and Trophic Features Factor 4
No. 6 46 yo female CRPS 72 months Baseline Pain NRS 8.5 ASA Class III	Crush injury of the right ankle and foot; operative osteosynthesis of the right foot	Hyperalgesia to pinprick of right lower extremity, burning pain most severe at the site of the original foot surgery; joint pain right foot; lightening-like pains right foot and leg	Colder right leg to the knee than left; erythema of the right lower extremity	Edema of right lower extremity and face; stiffness and decreased mobility from swelling of right foot and hand; hyperhidrosis of the right lower extremity, hyperhidrosis and edema of the right leg to the thigh, vasomotor and sudomotor changes V1-V3 right face	Difficulty initiating movement; weakness of inversion, dorsiflexion and eversion of the right decreased range of motion to all planes of the right; feeling as if the right leg would lose stability; thickened, brittle nails; loss of hair over the distal lower third of the leg and foot
	Clinical criterion factors that were positive in contiguous ipsilateral extremities (leg and upper extremity), face and mirror foot distribution	Right contiguous leg, upper extremity and face); hyperalgesia to pin prick; spontaneous burning, lancinating and deep pain; mechanical, dynamic and static allodynia; deep muscle sensitization; cold allodynia (right face > left arm)	Increased temperature of the right face; decreased temperature of the right upper extremity and right lower extremity	Hyperhidrosis; dusky cyanosis right arm and upper thigh	Poor initiation and maintenance of fine movements; weakness of external hallices longus right upper extremity; decreased initiation of movement left toes and ankle
	Additional features Severe tenderness in area of surgical scar; spread of stimulus (pinprick and cold) from the right foot to the right face; V2,edema and hyperhidrosis of right face, most severe; spontaneous burning pain				
No. 7 28 yo female CRPS 60 months Baseline Pain NRS 9.5 ASA Class III	Trauma to the lower back and right leg	Hyperalgesia right lower extremity to pinprick; severe spontaneous burning pain of right lower extremity (regional distribution); deep knee joint pain; pain at the injury site of the right lower back; mechanical, dynamic and static allodynia right leg; cold allodynia right lower extremity	Right leg slightly colder than left leg; both colder than normal; fluctuating erythema of the right lower extremity	Edema of right leg (severe); hyperhidrosis of right leg > left; edema not fluctuating (compounded) by the patient being wheelchair bound	Unable to initiate movement of the toes; weakness of all muscle groups of the right leg; decreased range of motion of the right foot, myoclonic jerks; dystonia right foot; posture (plantar flexed and inverted); thickened nails; brawny edema; areas of dystrophic skin

	Clinical criterion factors that were positive in contiguous areas of the ipsilateral extremity, face and contralateral leg	Ipsilateral arm hyperalgesia to pinprick; dynamic and static mechanoallodynia; cold and hot allodynia; joint pain; deep muscle allodynia to pressure; spontaneous burning pain, lightening-like pain; tingling pain Face right side (V1-V3) hyperalgesia to pinprick; dynamic and static mechano allodynia; cold allodynia	Right upper extremity warmer than left upper extremity; erythematous right arm and hand; varied with pain, movement and emotional stress	Moderate edema of the right hand; hyperhidrosis compared to left upper extremity; nonvarying degree of edema of right upper extremity	Poor initiation and maintenance of finger movement; weakness of all muscle groups of the right upper extremity; myoclonic jerks and spasms provoked with exercise
	Additional features Tinel signs very positive at supraclavicular fossa, Arcade of Frohse, pronator canal and carpal tunnel bilaterally; stimulus spread from arm to face right side; leg to face right side	Mirror distribution of left leg hyperalgesia to pinprick; dynamic and static mechano allodynia; cold allodynia (equal throughout the leg)	Cooler than right leg; minimal erythema compared to right leg; color change varied with emotional stress and cold	Edema of the left leg > distally (compounded by being wheelchair bound); non-varying edema; slightly less hyperhidrotic than right side	Unable to initiate movement of the toes or lower leg; minimal movement of iliopsoas; myoclonic jerks; dystonia of the left foot (inverted and plantar flexed); thickened, ridged and brittle nails, shiny thin skin of the foot
No. 8 42 yo female CRPS 30 months Baseline Pain NRS8.5 ASA Class II	Cruciate ligament tear; tibial plate fracture of the right knee	Hyperalgesia of the right knee and leg in a regional distribution; dynamic and static mechanoallodynia of the skin; deep sensitization of the quadriceps muscle; spontaneous burning pain of the knee that was continuous; evoked lightening-like pain and deep ache with weight bearing	Temperature asymmetry (warmer) than left knee; erythema of right knee; livedo reticularis and dusky cyanosis; increased erythema with exercise and heat of the right knee area and upper leg	Edema of right knee area; minimal edema of the right upper leg; sweating asymmetry > than left knee and leg; variable edema after exercise (swimming and walking)	Poor initiation and maintenance of fine movement of toes on the right; decreased range of motion of right knee; weakness of quadriceps and extensor hallucis longus on the right; minimal nail, hair and skin change of the right leg and foot
	Clinical criterion factors that were positive in ipsilateral arm and face as well as in a mirror distribution	Ipsilateral right arm; ipsi- lateral face; mirror left leg, hyperalgesia and allodynia (static and dynamic)		V1-V3 edema and hyperhidrosis right face	Ipsilateral right arm; left leg poor initiation of movement
	Additional features Positive Tinel signs in the upper extremities of the supraclavicular fossa; C2-C3 exit foramina; Arcade of Frohse; pronator canal, cubital and carpal tunnel; stimulus applied to R knee (pinprick) at times felt in the R or L face.				

Appendix 1: Continued

Demographics	Triggering Injury Site of Primary CRPS	Abnormalities in Pain Processing Factor 1	Skin Color and Temperature Changes Factor 2	Factor Vasomotor and Sudomotor/Edema Changes Factor 3	Motor Dysfunction and Trophic Features Factor 4
No. 9 22 yo female CRPS 72 months Baseline Pain NRS 9 ASA Class II	Tendon rupture digit IV; operative repair in the right hand	Hyperalgesia to pinprick of right upper extremity; dynamic and static mechanoallodynia of the entire right upper extremity but more severe in the lateral hand; spontaneous deep ache and burning lancinating pain of the right hand and right upper extremity	Temperature asymmetry, primarily warmer of right versus left hand; erythema of right hand; color change varied from erythema to dusky cyanosis; livedo reticularis of right upper extremity most severe in the medial forearm	Edema of right hand (all fingers); sweating asymmetry right > left upper extremity; most severe in the hand; non-varying right hand edema	Weakness of all intrinsic hand muscles on the right; decreased range of motion right hand; unable to close fingers into a fist; increased physiologic and intention tremor; spontaneous dropping objects; shiny skin of the dorsum of the right hand; loss of subcutaneous tissue digit IV, V; brittle, ridged and thickened nails right hand
	Clinical criterion factors that were positive in the ipsilateral upper and lower extremity; ipsilateral face and contralateral hand	Ipsilateral arm and leg; ipsilateral face (V1-V3) spontaneous burning pain, hyperalgesia to pin prick	Ipsilateral arm and leg; ipsilateral face (V1-V3) hyperhidrosis and warmer; contra lateral hand (much less degree than R hand)	Ipsilateral arm and leg; ipsilateral face (V1-V3) hyperhidrosis and edema; contra lateral hand (much less degree than right hand)	Ipsilateral arm and leg; contralateral hand (poor initiation of finger and toe movement)
	Additional features Positive Tinel signs in supraclavicular fossa, Arcade of Frohse, pronator canal, cubital tunnel right > left; spread of pinprick from the hand to the face and arm				
No. 10 19 yo female CRPS 60 months Baseline Pain NRS 9 ASA Class II	Fracture of metatarsal V of the right foot	Hyperalgesia to pinprick of the right leg and right foot at area of injury (most) severe; dynamic and static mechano-allodynia of the right foot; cold allodynia of the right foot; spontaneous burning pain of the foot; most severe pain at the area of the original fracture; evoked lancinating pain and deep ache with walking; occasional spontaneous squeezing pain of the right foot and leg	Temperature asymmetry right foot colder than left; fluctuates with occasional right foot warmer than left; color change with erythema alternating with dusky cyanosis of right foot > left foot; heat and cold evoked erythema or cyanosis respectively	Edema of dorsum of right > left foot; sweating asymmetry right > left foot; position (dependent) increased edema but always present right > left foot	Decreased extension and flexion of the right foot; stiffness of the right foot; slight dystonia at rest with plantar flexion and inversion of right foot; rare myoclonic jerk of the right side
	Clinical criterion factors that were positive in the ipsilateral face and extremities	Left leg; right arm; right face (V1-V3) spontaneous pain and mechanoallodynia (static and dynamic)	Left leg; right face (V1-V3) usually erythematous but alternating blanched	Left leg; right face (V1-V3) edematous and usually dusky and cyanotic	Left leg; right arm; left arm; left foot; poor initiation of movement; weakness of left intrinsic hand muscles
	Additional features Positive Tinel signs bilaterally supraclavicular fossa, Arcade of Frohse, pronator canal, foramina exit areas C2–C3; spread of pinprick, hyperalgesia and cold stimulus to the entire right sidefrom a stimulus to right foot.				

No. 11 20 yo female CRPS 36 months Baseline Pain NRS 9 ASA Class II	Trauma to right shoulder and right arm (blunt trauma from falling object)	Hyperalgesia to pinprick right upper extremity; dynamic and static mechanoallodynia of right upper extremity; cold and warm allodynia of right upper extremity; spontaneous burning pain; deep ache; evoked lancinating pain; painful tingling of entire right upper extremity; spontaneous pain worse right brachial plexus distributions	Temperature asymmetry right > left upper extremity; erythema of right > left upper extremity; variable color change with emotional stress, exercise and cold	Edema of the right upper extremity; hyperhidrosis right > left upper extremity; pitting edema (mild) of forearm	Decreased range of motion of right hand in extension; inability to close hand into a fist; poor initiation of fine finger movement; spasm and myoclonus (variable of right upper extremity weakness of dorsal and volar interossei and abductor pollices brevis; slight deltoid. biceps, triceps, supraspinatus weakness; brittle, ridged nails; loss of integument digit IV, V
	Clinical criterion factors that were positive in the ipsilateral face, leg and contralateral arm Additional features Positive Tinel signs in the supraclavicular fossa; exit foramina of C2-CVasomotor and Sudomotor/Edema Changes, CVasomotor and Sudomotor/Edema Changes-C4; pronator canal, cubital and carpal tunnel; dystrophic punched out skin ulcers; brown papular skin lesions of right upper extremity	Spontaneous pain in ipsilateral face (V1-V3 3); ipsilateral leg; contralateral upper extremity both in a regional distribution; dynamic and static mechanoallodynia in the same distributions		Edema and hyperhidrosis V1-V3 of ipsilateral face, ipsilateral leg; upper extremity extremity primarily the hand	Ipsilateral leg; contralateral upper extremity decreased ability to initiate movements, weakness of intrinsic hand and foot muscles
No. 12 35 yo female CRPS 72 months Baseline Pain NRS 9 ASA Class III	Trauma to right shoulder and right arm Clinical criterion factors that were positive in right face and leg and left arm Additional features Positive Tinel signs bilaterally supraclavicular fossa, pronator canal, cubital and carpal tunnels; spread of pinprick and cold stimulus contiguously from area of application (12–14 inches).	Hyperalgesia to pinprick of the entire upper extremity; dynamic and static mechanoallodynia entire right upper extremity; cold allodynia right upper extremity; allodynia to deep somatic pressure; painful joint movement (both small and large joints of right upper extremity)	Temperature asymmetry; right upper extremity colder than left; cyanotic, bluish, livedo reticularis right > left upper extremity Erythema and increased temperature of V1-V3 of right face	Edema of right upper extremity; hand > forearm; hyperhidrosis of hand and forearm; variation in edema due to dependency and hand use Edema and hyperhidrosis of the right face (V1-V3)	Decreased range of motion of flexors of the hand and proximal shoulder girdle muscles; motor neglect of the right; increased physiologic tremor; atrophy of integument of digit IV, V; brittle ridge nails on right hand; loss of right forearm hair Right leg decreased initiation of movement

Appendix 1: Continued

Demographics	Triggering Injury Site of Primary CRPS	Abnormalities in Pain Processing Factor 1	Skin Color and Temperature Changes Factor 2	Factor Vasomotor and Sudomotor/Edema Changes Factor 3	Motor Dysfunction and Trophic Features Factor 4
No. 13 38 yo female CRPS 24 months Baseline Pain NRS 9 ASA Class III	Crush injury digit III right hand, postoperative wound infection and amputation of the digit	Hyperalgesia to pinprick of the entire R hand and arm, site of amputation scar most severe; dynamic and static mechanoallodynia of the entire R arm; deep somatic sensitization and allodynia of forearm and upper arm musculature; joint pain in the hand with movement	Temperature asymmetry right hand colder than left; dusky cyanosis of the right hand > left; livedo reticularis right forearm > left; color change right hand variable with emotional stress, cold and exercise	Edema of right hand > left hand; hyperhidrosis of the right upper extremity > than left; swelling of the hand increased with use and dependency	Decreased range of motion of all joints in right hand; decreased ability to clench the hand into a fist; weakness of intrinsic hand muscles; poor initiation and maintenance of fractionated finger movement; dystonic hand posture (flexion); thin atrophic skin; brittle, thickened and atrophic nails
	Clinical criterion factors that were positive in right face and right leg; left arm		Right face (V1-V3) erythematous, warmer than leg	Edema and hypergidrosis of right face, right leg and left arm	Right leg; poor initiation and fine movements
	Additional features Positive Tinel signs bilaterally in supra clavicular fossa; Arcade of Frohse, pronator canal, cubital tunnel and carpal tunnel; spread of cold stimulus approximately 12 inches from the hand up the arm; spread of pinprick from the R hand to the ipsilateral face on the R				
No. 14 19 yo male CRPS 84 months Baseline Pain NRS 9 ASA Class II	Sprain injury of the right hand	Hyperalgesia to pinprick over the entire right upper quadrant; spontaneous burning pain in right brachial plexus distributions; chronic deep somatic aching pain; evoked paroxysmal pain in right brachial plexus distributions; mechanical, dynamic and static tactile allodynia of the brachial plexus distributions and V1-V3	Temperature asymmetry, the right hand and arm warmer than the left; erythema of the right arm and face to a greater degree than the left; erythema increased with provocative maneuvers of stress and cold	Edematous right arm and face; hyperhidrosis of right arm and face; tightness of soft tissues of hand and forearm; eye almost swollen shut during severe exacerbations	Weakness of intrinsic right hand muscles; decreased range of motion of right fingers and right wrist; inability to initiate fine movements; increased physiologic tremor of right hand; brittle, ridged nails of right hand; some hair thickened on right forearm
	Clinical criterion factors in other area of CRPS involvement		Right face (V1-V3) erythematous	Edema primarily dorsum of the forearm and hand on the left side	Left arm weakness of intrinsic hand muscles; decreased initiation of movement of left toes
	Additional features Spreading pain from a cold stimulus 6–7 inches from site of application right side; spreading pain from pinprick stimulus fromthe arm to the face				

No. 15 36 yo female CRPS 60 months Baseline Pain NRS 9 ASA Class II	Paravenous IV line infiltration of the left forearm	Hyperalgesia to pinprick over the entire left upper extremity; spontaneous burning pain over the entire left upper quadrant including neck, face, arm and chest (abdomen spared); mechanical tactile dynamic and static allodynia over the left upper quadrant and face; triceps, forearm muscles; cold allodynia over the left upper quadrant including the neck and face; small and large joint pain with movement	Temperature asymmetry left upper quadrant > than right; redness of the left upper extremity and face (primarily V2-V3); erythema increased with provoking factors of stress	Edema of left face, arm and hand; hyperhidrosis of left face, arm and hand; edema of affected areas varies with emotional stress and position of extremity	Decreased range of movement of left finger and wrist extensor and flexor muscles; inability to fully make a fist in left hand; poor initiation of movement of the left hand; weakness of dorsal and volar interossei; abductor pollices brevis of the left hand; brittle, thickened nails of all fingers of the left hand; slight loss of hair on the left forearm
	Clinical criterion factors in other area of CRPS involvement	Right upper trunk brachial plexus; left leg (mechanical and thermal allodynia); right arm, hyperalgesia to pinprick and mechanoallodynia (static and mechanic)			Weakness of dorsal and volar interossei: left leg; right arm;
	Additional features Positive Tinel signs at supraclavicular fossa, pronator canal, cubital tunnel and Arcade of Frohse; spreading pain from cold stimulus and pinprick from the left hand to face				
No. 16 25 yo female CRPS 25 months Baseline Pain NRS 9 ASA Class II	Arnold Chiari repair operation; traction of the brachial plexus left shoulder	Hyperalgesia to pinprick over the entire left upper quadrant; spontaneous burning and lancinating pain left brachial plexus distributions; evoked tingling pain with movement; mechanical, dynamic and static allodynia in brachial plexus distributions	Temperature asymmetry left arm, face and hand warmer than right; erythema left arm and face; color change always present became more evident with cold and emotional stress	Edema of L hand, arm; sweating asymmetry with hyperhidrosis of the L arm and upper extremity; edema always present; evoked to a greater degree with dependency and use	Decreased range of motion of all fingers in flexion and extension left hand; weakness of intrinsic hand muscles; motor neglect of the left side; brittle, thickened, ridged nails in the left hand; shiny thin skin of left hand
	Clinical criterion factors in other areas of CRPS involvement		Left face (V1-V3) erythematous and warmer	Left face (V1-V3) edematous and slight hyperhidrosis	Right arm decreased initiation of movement
	Additional features Positive Tinel signs at supraclavicular fossa, neurovascular bundle, Arcade of Frohse and pronator canal; cold allodynia and pinprick stimulus spread from the hand to the shoulder and face				

Appendix 1: Continued

Demographics	Triggering Injury Site of Primary CRPS	Abnormalities in Pain Processing Factor 1	Skin Color and Temperature Changes Factor 2	Factor Vasomotor and Sudomotor/Edema Changes Factor 3	Motor Dysfunction and Trophic Features Factor 4
No. 17 48 yo female CRPS 72 months Baseline Pain NRS 8.5 ASA Class II	Extension/distention trauma of the right hand	Hyperalgesia to pinprick of the right arm in a regional distribution; spontaneous burning pain, deep ache, tingling of right arm; evoked lancinating pain with movement; dynamic and static mechanoallodynia of the right arm; deep somatic sensitization of right arm; small joint pain of the right hand; cold allodynia of the right arm	Temperature asymmetry, right arm warmer than the left; minimal erythema of the right hand; color change increased with use, dependency and temperature change	Edema of right hand; sweating asymmetry right > left hand; minimal change (increase) of edema with dependency and use	Decreased range of motion (flexion and extension of fingers and wrist) of right hand; weakness of right hand dorsal and volar interossei, flexor pollicis longus and opponens pollicis; increased physiologic tremor of right hand and arm; brittle nails and shiny skin of right hand Right leg; left arm; weakness of intrinsic hand muscles right hand; poor initiation of toe movements right leg
	Clinical criterion factors in other areas of CRPS involvement		Right face (V1-V3) erythematous and warmer and upper thigh of the right leg warmer than left	Right face (V1-V3) edematous and slight hyperhidrosis	
	Additional features Positive Tinel signs supra and infraclavicular fossa; neurovascular bundle, pronator canal; spread of pinprick stimulus from the right hand to the right arm and face (V2)				
No. 18 41 yo female CRPS 84 months Baseline Pain NRS 9 ASA Class II	Motor vehicle accident; extension/flexion injury of the brachial plexus on the right	Hyperalgesia to pinprick right arm in a regional distribution; spontaneous burning pain; deep somatic pain; joint pain of the right hand; evoked tingling and hand pain with movement; dynamic and static mechano allodynia of all brachial plexus distributions of the right upper extremity; cold allodynia and heat allodynia right arm and hand > than the shoulder	Temperature asymmetry right arm colder than left; erythema of right arm and hand; color change varies throughout the day; at times spontaneously and at other times by emotional stress; movement and temperature change	Swelling of dorsum > ventral areas of the hand; swelling of the arm and shoulder; hyperhidrosis > right than left upper extremity; swelling increased with arm use	Weakness of all intrinsic muscles of the hand; poor ability to oppose thumb and forefinger; spontaneous myoclonic jerks; exaggeration of her physiological tremor of the right arm
	Clinical criterion factors in other areas of CRPS involvement	Right face (V1-V3) hyperalgesia and mechanoallodynia (dynamic and static)	Warmer and erythematous right face	Right face (V1-V3) edematous and hyperhidrotic	Right leg; left arm poor initiation of movement
	Additional features Spreading pain from pinprick and cold stimuli from the hand to entire extremity and to contralateral face; positive Tinel signs supra and infraclavicular fossa, neurovascular bundle, Arcade of Frohse, pronator canal, cubital tunnel left > right arm				

No. 19 14 yo female CRPS 7 months Baseline Pain NRS 9 ASA Class III	Brown recluse spider bite of the inner right thigh	Hyperalgesia to pinprick of the entire right leg in a regional distribution; most severe surrounding the area of the spider bite; spontaneous burning pain of the entire thigh; severe burning in the six inches surrounding the envenomation site; deep somatic pain; joint pain at the knee; tactile and dynamic mechano allodynia of the right leg; cold allodynia most severe six inches surrounding the site of envenomation but affecting the entire thigh; deep somatic sensitization of all muscles of the thigh	Temperature asymmetry right leg warmer than the left; erythematous right leg; fluctuating color change due to activity, cold and emotional stress	Edema of the right leg (thigh > lower leg); hyper hidrosis of right leg; edema constant	Weakness of iliopsoas, quadriceps; difficulty initiating movements of right leg; dystonic plantar flexed inverted foot; patient unable to bear weight on right leg; thickened and brittle nails right foot
	Clinical criterion factors in areas other than primary CRPS region Additional features Positive Tinel sign of the sciatic nerve in the right sciatic notch; posterior popliteal positive Tinel sign on the right; abnormal spreading pain from cold or pinprick stimuli up the entire leg if the patient receives the stimulus near the site of the original injury	Right face; right arm; right leg spontaneous pain, mechanoallodynia (Static and dynamic) and thermoallodynia to cold stimuli	Right face; right arm; right leg erythematous		Right arm; right leg poor initiation of movement of distal muscles
No. 20 33 yo female CRPS 63 months Baseline Pain NRS 9 ASA Class II	Tibial torsion fracture; osteosynthesis operation, left lower leg	Hyperalgesia to pinprick left knee and lower leg; spontaneous burning pain, deep ache of muscles and joints; provoked lancinating pain with movement or weight bearing; mechanical and thermal allodynia left leg	Temperature asymmetry; left leg colder than right; slight erythema of the left foot; fluctuation of color change with movement and weight bearing of left foot	Edema of left lower extremity below the knee (more severe in the foot); sweating asymmetry left lower leg > than right; hyperhidrosis fluctuated mildly with exercise, cold and emotional stress	Weakness of anterior tibialis, extensor hallucis longus and gastrocnemius muscle left leg; decreased range of motion at the ankle and knee joint; poor initiation and maintenance of movement right leg and toes; thickened, ridged, brittle nails left foot; atrophy; shiny skin left foot
	Criterion factors in other than primary area of CRPS Additional features Spreading pain from cold stimuli from foot to the knee; and from pinprick stimuli from the foot to the left face	Left face (V1-V3), left arm; right leg spontaneous pain, mechanoallodynia (static and dynamic) and thermoallodynia to cold stimuli	Left face (V1-V3); right leg erythematous; cyanotic bulish right leg		Left arm; right leg poor initiation of movement of distal muscles