



## NEURO RESOURCE GROUP

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#### **Poster Presentation**

Janice Walker OTR, Paul Magee  
InterX Therapy Center, 7515 Greenville Ave, Suite 504  
Dallas, TX 75231, USA

### **INTERX THERAPY, A NEW APPROACH TO TREATING CRPS: A CASE HISTORY**

Complex regional pain syndrome is described as a disease of the autonomic nervous system. The condition develops over time and is often related to a previous significant trauma. The purpose of the case history is to explain the process of treatment of CRPS using a new form of non-invasive neurostimulation called InterX Therapy and the successful outcome that was achieved with the patient described.

A 16yr old female patient injured her spine in a cheerleading accident. Eventually, the L4 Pars Defect was corrected with surgery from which the patient made a steady recovery. 3 months after surgery, severe left knee pain developed, accompanied by neuropathy and discoloration of the left foot and pseudo-seizures. She was diagnosed with CRPS after which several pain relief interventions were implemented including spinal injections, various medications, physical therapy and psychotherapy. All were unsuccessful.

Shortly before the scheduled implantation of a spinal cord stimulator, the patient was referred to our clinic with the aim of using InterX Therapy to control pain and restart physical rehabilitation. The InterX 5002 is a high voltage, non-invasive, interactive neurostimulation device that allows the therapist to scan the patient's skin over the affected area, the corresponding spine root, or even the whole spine to identify and treat optimal treatment points. These points are areas of lowered electrical impedance which relate to trigger points and acupuncture points. It has previously been shown that treating these points with electrical stimulation can provide significant and often prolonged relief from chronic pain. Each treatment lasts about 45 minutes during which time the therapist treats multiple points along neurological pathways.

After nine treatments in as many days the patient was partially weight bearing for the first time in five months and the discoloration in her foot improved significantly compared to baseline. The patient used a home device to continue treatment outside of the clinic, but returned a further five times to the clinic over the proceeding three week period. After a total of fourteen treatments, the patient was fully weight bearing, taking no pain medication and full sensation had returned to her leg and foot. She was able to begin physical therapy again and over succeeding months, continued to become stronger and more functional.

Now, over 40 months since her initial InterX treatment, the patient is fully functional, pain free and medication free. We feel that InterX Therapy offers an effective means by which pain from CRPS can be managed and maintained as part of a multidisciplinary rehabilitation program to return the