Individuality ....
How knowledge of body perception disturbance can inform treatment

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Body perception disturbances in CRPS
Thoughts about the painful limb

Galer et al. 1995; Galer and and Jensen 1999; Lewis et al. 2007; 2010.

“It looks disgusting”
Body perception disturbances in CRPS

Altered perceptions

.... in limb size and shape

..... weight, pressure

& temperature

Lewis JS et al. 2007
Why is body perception disturbance important?

54.4% - 84% of those with CRPS report disturbances in body perception \(^1,^2\)

- Subtle symptoms, often only become apparent via direct questioning and assessment
- Those that present with BPD often having difficulty in engaging with limb affecting rehabilitation outcomes
- Suggestive of an impact on function\(^3\)

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3 Lewis JS et al. Pain 2010;149:463-469
Sensory discrimination training- (Desensitisation)

- Magnitude of body perception disturbance is associated with worsening tactile acuity and poor stimulus localisation (Förderreuther 2004, Lewis & Schweinhardt 2012)

- Somatosensory blurring (Haggard 2013)

- Tactile stimulation sharpens cortical representation of the painful body in S1 (Flor et al. 2001)

- Somatosensory sharpening (Haggard 2013)

- Effectiveness of training is enhanced by viewing the limb (Moseley & Wiech 2009, Lewis et al 2010)