



Things NOT To Say to a CRPS Patient
(most of these were said by healthcare "professionals")
[compiled by Howard Black]



Thanks to the dozens of patients who contributed these mind-numbing comments by "professionals" who should know much better!

1. But you look fine.
2. Try not to dwell on it all the time.
3. It's not a death sentence.
4. It's not like it's cancer.
5. Lose some weight.
6. Get more exercise.
7. It's all in your head.
8. It's probably the all the pills you're taking that are making you sick and tired.
9. I've seen worse cases of CRPS/RSD.
10. You forget a lot. Try to pay better attention to things.
11. What doesn't kill you will make you stronger.
12. Are you sure it's not gout?
13. I knew someone who had something like that and s/he's fine now!
14. It can't possibly hurt as much as you make it seem.
15. Why are you on disability? Isn't it your arm that's sore?
16. I had a friend that had that. You need to eat a gluten free diet.
17. You're going to become an addict.
18. CRPS doesn't spread.
19. Does something like this run in your family?
20. RSD never spread the way you just told me.
21. An spinal block can't give you RSD.
22. Why you have surgery in your back when RSD is in your lower limb?

23. Did you get all that for a simple ankle twisting? Gosh, you're weak!!
24. Psychic therapy will help.
25. As long as you move, you're ok.
26. Try not to blame your clumsiness on a medical condition.
27. You used to be so good a worker, but not anymore.
28. This isn't permanent; you won't necessarily have it forever!
29. I had a patient with it who gardens now; it went away as suddenly as it came.
30. Have you tried...(fill in the rest, the more outrageous, the more typical).
31. Why don't you work, you could answer phones or something!
32. God must have given this to you for a reason.
33. Stop using your pain as an excuse to be lazy.
34. (At the Dr. office I heard this one) You need to stop telling people of your pain.
35. You just say you're in pain from RSD so that you don't have to work.
36. You need a distraction. Get a life.
37. The last patient who had your type of surgery needed only Tylenol-3 for pain.
38. You're not handicapped. Save that parking spot for someone who really needs it and put that placard back in your pocket.
39. These (handicapped) spaces are really becoming popular! [Comment by a man, as I pulled into a spot at the grocery store!]
40. Woah, so young and need a power chair in the supermarket? That's being lazy.
41. Maybe if you tried to get more on a schedule, you wouldn't sleep all day and be up all night.
42. There is no way your foot can look like that on its own - that is not possible. There has got to be somebody that can do something to make it "look" better.
43. You are so slow now; everyone has to wait on you to 'catch up'- also, you used to multitask and do everything - now you can't hardly do anything.
44. RSD is curable. If it goes into remission until you die, then that means it's cured.
45. You blame all of your aches and pains on RSD. Stop using it as a crutch. The only way you think that's true is because you got those thoughts from reading all that stuff on the internet. Stay away from the internet and get a real life and make some real friends.

46. The TV isn't too loud. You need to get your ears checked out. And don't blame it on RSD. That has nothing to do with it.
47. If you didn't read that RSD caused those symptoms, you wouldn't have them. It's all psychological.
48. If you think you'll get better, then you will.
49. Try to get a hobby so that you don't think about RSD all the time. Like walking.
50. You only say you're in pain to get all the pills. You're addicted to them.
51. If you had RSD, you wouldn't be able to type or wear any clothing.
52. RSD is only spreading if it shows outward symptoms as well as internal pain.
53. You're a hypochondriac. Stop feeling sorry for yourself. There's always someone worse off than you.
54. It's not your fault.
55. Feels to me like you're happy like that and don't want to get better.
56. Don't tell me - you are not coming to the family gathering because you have another bad day.
57. If you are not 100% able to work, you can't come back!
58. You are not cured yet; get a doctor who really knows.
59. I know this *curandera* (Spanish for shaman) who will heal you with a spiritual cleaning with some herbs and plants, she doesn't charge. Just give her whatever you want, and if something bad comes up she will charge, typically around 100 or more - she is good!!!
60. I went so many years to school to become a doctor; the internet doesn't .
61. You don't look like you're in pain
62. It'll be fine.
63. It doesn't look that bad.
64. Try not to think about RSD all the time
65. You really have to try and use that arm more.
66. Do you really need both hands to teach?
67. Well, nobody knows for sure how you get rsd.
68. It's so minor that It shouldn't be a problem and is nothing to worry about.
69. With your health problems, you really shouldn't have kids since you will pass it all on to them.

70. Why can you do stuff one day without complaining, but yet the next day you cannot do it?
71. Doctors just made up CRPS like they did fibromyalgia because they don't know much about it!
72. "Aren't you over that yet?" She (physician) then asked my why wasn't I working and told me I needed to get a job to take my mind off of it.
73. Stop telling yourself you're in pain and it will go away
74. Are you sure your not just mental?
75. But you sound so good on the phone today!
76. I actually was given a book on demon possession and exorcism and told I had a demon of sickness and the book would help me.
77. Think positive and don't think about pain. You are manifesting it yourself in your brain.
78. It appears you have some weird sensory phenomena going on. I suggest you get a hobby so you don't think about it.
79. There is no way to test for RSD like you do other diseases, so it is a made-up diagnosis.
80. The mottling is because you used a heating pad or leaned against something too long; the purple skin is -"simply a bruise".
81. Why are you so happy all the time even though you say you're in a lot of pain?
82. You're just attention seeking - you don't need that walking stick or crutches or wheelie walker or rollator or wheel chair!

