



Holistic Centered Treatment (HCT)

Longitudinal Outcomes for Complex Regional Pain Syndrome (CRPS)

1. Overview

- **Total patients treated: 512**
- **Diagnosis:** Complex Regional Pain Syndrome (CRPS)
 - Statistical overview includes type 1 and type 2 CRPS
- **Duration analysis period: 10-year period**
- **Sex distribution:**
 - Female: 77%
 - Male: 23%
- **Age distribution:**
 - Pediatric patients (≤ 18 years): 43%
 - Adult patients (> 18 years): 57%

2. Outcome Measurement Framework

Assessment Timepoints

1. Baseline (Pre-Treatment)
2. End of Intensive Treatment
3. 1-Year Post-Treatment Follow-Up

Measurement Scale

- All outcomes measured on **0–10 numeric rating scales**
- Higher scores indicate:
 - Worse outcome for pain
 - Better outcome for sleep, quality of life, and hope



3. Follow-Up Integrity

- **Eligible for 1-year follow-up:** 512 patients
- **Respondents at 1 year:** 413 patients
- **Response rate:** 80.7%

This response rate is robust for longitudinal chronic pain outcomes and supports the reliability of long-term findings.

4. Master Outcomes Table

Outcome Measure	Pre-Treatment	Post-Treatment	1-Year Follow-Up	Net Change (Baseline → 1-Year)
Pain Level (10 = worst)	9.3	2.2	1.1	-8.2 (88.2% reduction)
Sleep Quality (10 = best)	2.7	7.7	8.1	+5.4 (200% improvement)
Quality of Life (10 = best)	2.0	8.7	8.9	+6.9 (345% improvement)
Hope (10 = best)	1.0	9.0	9.0	+8.0 (800% improvement)

Interpretation of Longitudinal Trends

Pain

- Patients entered treatment with **near-maximal pain severity**.
- Pain decreased sharply during treatment and remained **low and stable at one year**.
- An **88.2% sustained reduction** represents durable symptom control in a historically refractory condition.

Sleep Quality

- Sleep improved substantially during treatment and continued to stabilize post-discharge.
- One-year scores indicate **consistently restorative sleep**.



Quality of Life

- Quality of life improved more than fourfold and remained high at one year.
- This suggests **functional reintegration**, not merely symptom suppression.

Hope

- Hope increased rapidly during treatment and remained maximized at one year.
- This is a critical psychosocial marker in CRPS recovery and relapse prevention.

6. Statistical Graphs

Longitudinal line graphs, each representing a single outcome across the three timepoints.

1. **Pain Level Over Time**
 - Demonstrates steep reduction during treatment and durable low pain at one year.
2. **Sleep Quality Over Time**
 - Shows sustained improvement with continued gains post-treatment.
3. **Quality of Life Over Time**
 - Illustrates large functional recovery maintained at one year.
4. **Hope Over Time**
 - Displays rapid improvement with long-term stability.

7. Summary Statement

Among 512 patients treated for Complex Regional Pain Syndrome at Holistic Centered Treatment over a 10-year period, patients entered care with near-maximal pain severity (mean 9.3/10). At one-year post-treatment, 413 patients (80.7%) reported an average pain level of 1.1/10, representing an 88.2% reduction from baseline. Improvements in sleep quality, quality of life, and hope were substantial and durable, remaining high at one-year follow-up.

Figure 1 – Pain Level Over Time (CRPS)
Mean pain levels at baseline, post-treatment, and 1-year follow-up among patients treated for Complex Regional Pain Syndrome (CRPS) over an 10-year period

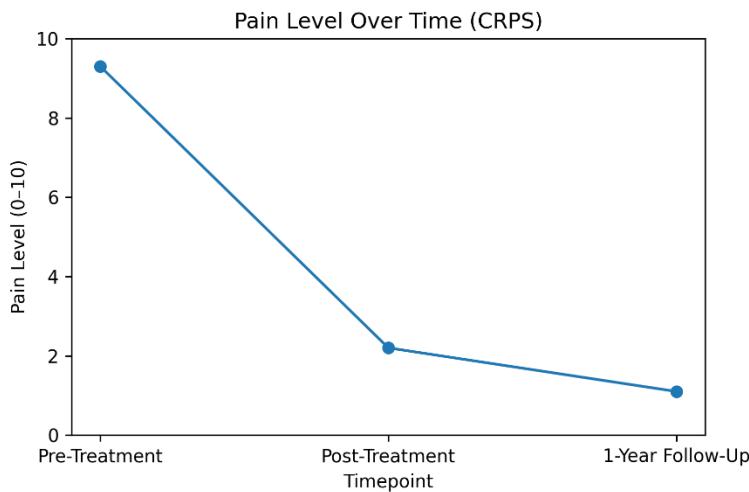


Figure 2 – Sleep Quality Over Time (CRPS)
Mean sleep quality scores across treatment timepoints in patients with CRPS.

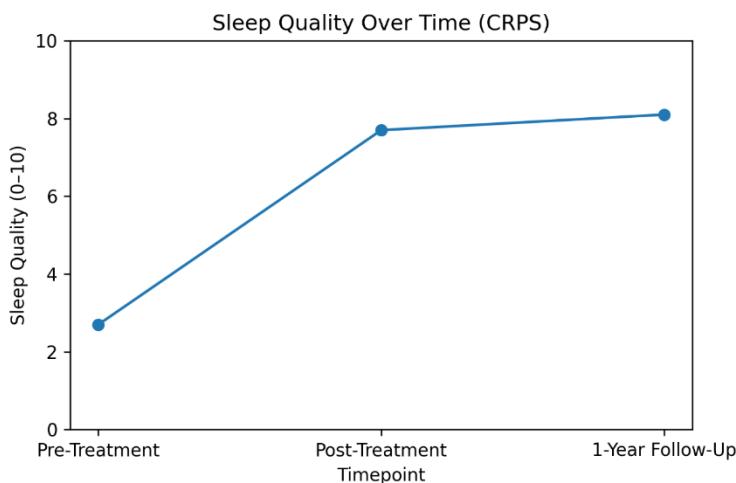




Figure 3 – Quality of Life Over Time (CRPS)

Mean quality of life scores before treatment, after treatment, and at 1-year follow-up in CRPS patients.

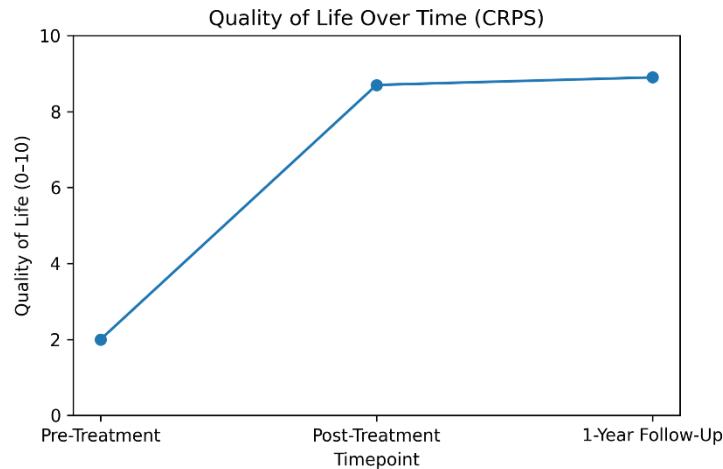


Figure 4 – Hope Over Time (CRPS)

Mean hope scores across longitudinal assessment points in CRPS patients.

