



Information on right and left discrimination

Complex Regional Pain Syndrome (CRPS)

Pain Management Physiotherapy Service



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You should only use these guidelines after a consultation with your physiotherapist.

What is right and left discrimination?

In some situations, for example after injury, the ability to recognise body parts and movements as being left or right becomes reduced. This is called limb laterality recognition. Sometimes, the ability to recognise whether a body part is moving to the left or the right also becomes reduced. These problems may add to pain and loss of function. Quite often, people with painful limb problems such as Complex Regional Pain Syndrome lose the ability to recognise left or right images which can obstruct a successful recovery. The good news is the brain is plastic, and can change, if you have the right stimuli for long enough. So with a little bit of work, patience and persistence it is possible to change the brain's feature of laterality, which would have existed before your limb problem. Getting better at recognising left and right body parts and movements have been shown to reduce pain, aid recovery from injury and improve performance.

What should I do?

You can practice recognising left and right images. There are different ways of doing this.

You can try the Recognise™ online programme which your physiotherapist may have used with you. You can sign up to the noigroup website at:
www.noigroup.com/recognise.

This will allow you to have 5 free log-in trials and record any progress you make recognising right and left images.

If you have a smart phone there is also an app for Recognise™ for different body areas. There is also a free right and left discrimination app for hands and feet called “Orientate Free

You can also practice without a computer. Looking through old magazines and papers you can circle the limb you need to practise recognising or be inventive and make some flash cards by taking digital photographs of limbs of your family and use them for practise. You could also get other family members involved by creating shadow puppets on the wall and recognising if it is a right or left image you are seeing.

Are there any side effects with this treatment?

There are no known side effects for practising recognising right and left images. Because recognising images of limbs makes you work the part of your brain responsible for precision and planning of movements, some people may feel their painful limb becomes more swollen or painful when practising for prolonged periods of time. This should reduce quickly when you stop practising. If you notice any other different symptoms when practising the tasks remember to speak to your physiotherapist about it at your next appointment.



Treatment plan for limb laterality recognition

Name:	Date:
CHI:
Patient sticky label	

How often?

.....

How long?

.....

When to stop:

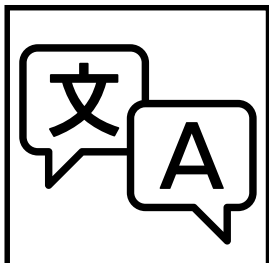
.....

Limb Recognition Record Sheet

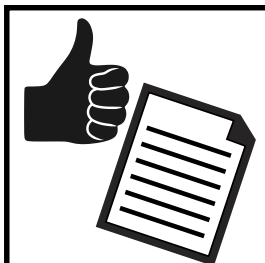
If using the online systems you will receive an accuracy and speed score which you can record to show your physiotherapist, but if using other tools you can still record how often you practise and how many images you got correct, remembering it is not about getting 100% accurate!

	Speed Right	Speed Left	Comments

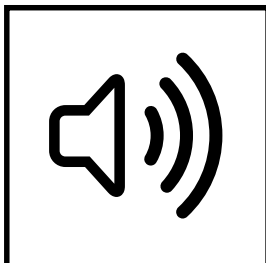
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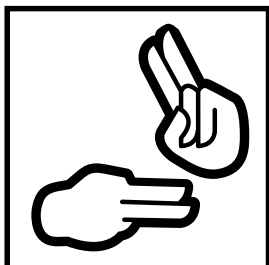
Translations



Easy to read



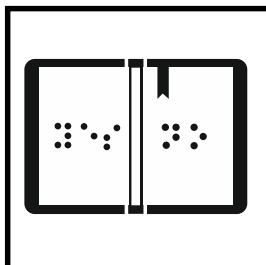
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