

# Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email \_\_\_\_\_

**Waiver:** I, the undersigned, acknowledge that a walk is a hazardous activity. I certify that I am medically able and have sufficiently trained for this event. I agree to abide by all decisions of the race as final. In consideration of the acceptance of my entry and intending to be legally bound, I do hereby for myself, and anyone entitled to act on my behalf, waive, release, and discharge the Reflex Sympathetic Dystrophy Syndrome Association, the State of Maryland, and all other sponsors and participants from any and all liabilities arising out of my participation in this event.

Signature \_\_\_\_\_

Donation: \$ \_\_\_\_\_

Please make checks payable RSDSA.

**Thank You for Your Support!**

*Rachel*

CRPS Walk for Awareness  
C/O  
11 Tremblant Ct.  
Lutherville, MD 21093

## CRPS Walk for Awareness

June 26, 2011

Meadowood Regional Park  
10650 Falls Road  
Lutherville, MD 21093

**Proceeds benefit:**



Working to raise awareness of complex regional pain syndrome (CRPS) since 1984.

[www.rsd.org](http://www.rsd.org)

# What is the CRPS Walk for Awareness?

The **CRPS Walk for Awareness** is to help raise awareness for Complex Regional Pain Syndrome (also known as Reflex Sympathetic Dystrophy - RSD). A 3-mile walk/roll through a beautiful Baltimore County Park.

Proceeds benefit the **Reflex Sympathetic Dystrophy Association (RSDSA)**, a nonprofit organization that works to promote public and professional awareness of CRPS; educate those afflicted with the syndrome, their families, friends, insurance and healthcare providers on the disabling pain it causes; encourage individuals with CRPS to offer each other emotional support within affiliate groups; and fund research into the cause and cure of CRPS.

## Walk Details

**Date:** June 26, 2011

**Registration Opens:** 8:30 am

**Walk/Roll Begins:** 9:15 am

**Location:** Meadowood Regional Park  
10650 Falls Rd.  
Lutherville, MD 21093

### How You Can Help

Telling people about CRPS

Coming to our walk, and inviting your friends and family to join you

Donating to RSDSA: Online at [www.rsds.org](http://www.rsds.org) or by mail to: 11 Tremblant Ct, Lutherville MD 21093

# What is CRPS?

Complex Regional Pain Syndrome (CRPS), also known as Reflex Sympathetic Dystrophy, is a chronic neurological syndrome characterized by:

- severe burning pain
- pathological changes in bone and skin
- excessive sweating
- tissue swelling
- extreme sensitivity to touch

CRPS is a malfunction of part of the nervous system. Nerves misfire, sending constant pain signals to the brain. It develops in response to an event the body regards as traumatic, such as an accident or a medical procedure. This syndrome may follow 5% of all nerve injuries.

Early and accurate diagnosis and appropriate treatment are key to recovery, yet many healthcare professionals and consumers are unaware of its signs and symptoms. Typically, people with CRPS report seeing an average of five physicians before being accurately diagnosed.

Treatments include medication, physical therapy, psychological support, sympathetic nerve blocks, and/or spinal cord stimulation.

### CRPS can affect anyone.

Source: RSDSA. What is CRPS? [www.rsds.org](http://www.rsds.org).

# Why is this so important?

Hi, my name is Rachel, and I have CRPS, and it started from me having an injury to my left foot, to me being in a wheelchair within a couple of months. If it wasn't for the Cleveland Clinic, a children's hospital in Cleveland, Ohio, I don't think I would have gotten better. I think that my experience there will have an impact on me for the rest of my life.

This is so important to me because, I've have CRPS, and not many people know about this, so it made it hard to find a place to treat me because of all the people who were diagnosed with this and were also trying to find a treatment. If we can help raise awareness then hopefully it won't feel like such a rare thing and all doctors would know about it.

I was lucky, and treated within the first 90 days, as both an inpatient and an outpatient at the Cleveland Clinic. I am in remission, with only slight flare-ups if I get hurt. I play complete basketball and softball. I have met a lot of people that are not as fortunate, they still live in constant pain. I hope to help them and provide hope to those that get CRPS, and awareness so everyone understands this rare disorder.

Thank you for your Support!

Rachel