e-News Somatosens Rehab 2016, 13 (1)

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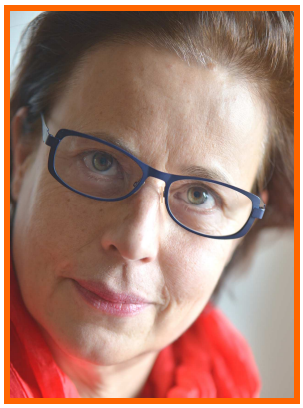

Laure HAGGENJOS
Guesteditor

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01/10/2012

GUESTEDITORIAL

Less of my patients are left behind with their pain

To MD  To neuroscientist 

To patient  To therapist 

Laure HAGGENJOS[1]

As of several days ago, I am the 77th certified somatosensory therapist of pain (CSTP®). 15 years ago, I attended one of the first courses in Switzerland. I could see back then the disturbing effect this new approach had on the therapists, as it challenged with by the new way of thinking. It also raised many unanswered question for myself. The course notes were quite difficult to understand.

Then came the first edition of the manual (Spicher, 2003). It was perfect for me to solve cases of simple axonal lesions (recents and localized) **unfortunately not all the others … !** Then the Atlas (Spicher et al., 2010a) and the second edition of the manual (Spicher & Quintal, 2013) came out. As a complement to my job as an occupational therapist in hand rehabilitation, I took a course and was certified in neurorehabilitation. I learned new techniques and enriched my experience, generating new points of view.

Presently I have 30 years of professionnal practice behind me. **The patients that I couldn't help, that were left behind, are the ones that pushed me toward getting the certification**.

To me, somatosensory rehabilitation of neuropathic pain always had a special place amongst the rehabilitation field for the following reasons:

A: This method is the most recent of those I use in my practice. It was built on the foundation of old research (Létiévant, XIXth century), with continuous thinking from its founder spanning over more than 15 years. The results were carefuly put together with the help of his collaborators (Quintal et al., 2013; Spicher et al., 2015; Spicher et al., 2016).

B: It concerns a *terra incognita*, **something invisible, missunderstood, neglected and sometimes even denied by medical doctors and therapists**. Just as the lymphatic system and manual lymphatic drainage were slow to be recognized, or the even earlier example of the slow acceptance of psychoanalysis, the role of somatosensory rehabilitation of neuropathic pain and the underlying mechanisms seem to have been missed by others probably for similar reasons.

C: This method needs to be well understood to bring good results: superficial understanding isn't enough. It asks for rigorous work, persistence or even relentlessness to understand its area of application, the skin. Practice and repetition are necessary to discover the biggest organ of the body, in all its depth and the varied nerve pathways, its anatomophysiology, so to

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say. The same persistence and rigour was also necessary in learning the assessment procedure and the different modalities of the numerous treatments. However, it is a great satisfaction to see that in the last two years, the duration of my treatments have decreased and that I have less limitation in terms of what I can do to treat neuropathic pain.

D: It needs a stronger collaboration between all the people involved with the patient than most of other methods. It is why I always have some clearly written papers, to hand out or attach to a report to explain the approach to patients, other therapists and medical doctors.

E: The method is opposite to traditional healthcare: where the patient is constantly encouraged to attend treatments using movement, touch, massage, etc… Therapists and medical doctors often value a "hand-on" care delivery to solve the issue. Here, I have to teach that not touching a specific area is the treatment (Spicher et al., 2010b). It is the improvement of my knowledge in anatomophysiology and the treatment techniques of the method that gave me confidence even while not doing much "to" the patient like we are expected to.

F: A bigger share of the treatment is the patient's responsibility. Here, he has to learn how to wake up and change his invisible nervous system himself. 90 percent of the rehabilitation is done by the patient himself at home. Thanks to the way the treatment is lead, I have richer and deeper verbal interactions with my patients.

Nowadays, less of my patients are left behind with their pain.

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ORIGINAL ARTICLE

Management Algorithm of Spontaneous Neuropathic Pain and/or Touch-evoked Neuropathic Pain illustrated by prospective observations in clinical practice of 66 chronic Neuropathic Pain Patients

To MD  To neuroscientist 

To patient  To therapist 

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ABSTRACT

Background Thoracic neuropathic pain may be related to an area of altered skin sensation over the territory of cutaneous thoracic branches. The somatosensory rehabilitation method (SRM), a non-pharmacological treatment, focuses on the detection, classification and treatment of this condition. The aim of this prospective observational case series of 66 thoracic neuropathic pain patients (tNPP) was to evaluate a management algorithm of two different types of neuropathic pain: spontaneous ongoing neuropathic pain (**type A**) and touch-evoked neuropathic pain (**type B**). **Material and methods** The authors precisely explain the assessment and treatment algorithm for findings of tactile hypoaesthesia versus static mechanical allodynia (SMA). 66 chronic tNPP referred in a single centre were assessed by two mapping techniques of the skin A) aesthesiography (in case of tactile hypoaesthesia) or B) allodynography (in case of SMA) and pre/post treatment evaluations with the McGill pain questionnaire (MPQ). In clinical practice, hypoaesthetic territories were treated by basic somatosensory rehabilitation. Allodynic territories were treated initially by distant vibratory counter-stimulation (DVCS), then by basic somatosensory rehabilitation once the allodynia disappeared. **Results** All tNPP presented somatosensory abnormality on at least one damaged cutaneous thoracic branch: 52 hypoaesthetic and 47 allodynic. At a mean of 76 days, 34 of these 47 were converted by DVCS into hypoaesthetic territory, which finally is amenable to treatment by basic somatosensory rehabilitation. 61 % of the tNPP treated with SRM had a pain reduction of at least 50% on the MPQ. **Conclusion** These observations illustrate a management algorithm for assessing and treating A) hypoaesthesia and B) SMA.

Keywords: Algorithm, Mechanical allodynia, Somatosensory rehabilitation method, Tactile hypoaesthesia, Thoracic neuropathic pain.

Table of abbreviations

DMA	Dynamic Mechanical Allodynia
DVCS	Distant Vibrotactile Counter-Stimulation
MPQ	McGill Pain Questionnaire
NPP	Neuropathic Pain Patient
PHN	Post-Herpetic Neuralgia
PNI	Peripheral Nerve Injury
PPT	Pressure Perception Threshold
SMA	Static Mechanical Allodynia
SRM	Somatosensory Rehabilitation Method
tNPP	thoracic Neuropathic Pain Patient

1. Introduction

Pain can be physiological or pathological (Woolf and Mannion, 1999). Physiological pain is a protective signal provided by the somaesthetic system. Neuropathic pain (NP) has been classified as spontaneous ongoing neuropathic pain and/or touch-evoked neuropathic pain (Ochoa and Yarnitsky, 1993; Hansson, 2003). The first described etiopathological mechanism of spontaneous NP pointed to aberrant activity in nociceptive C neurofibre (Wall et al., 1979; Scadding and Kolzenburg, 2013). If pain itself is at the centre of concern for both patient and physician, the somatosensory abnormalities that often occur in the painful area have been considered of secondary importance (Lindblom and Verrillo, 1979; Lindblom, 1994). The local sensitivity or tenderness (Nathan, 1960), which can grow in absolute pain at the slightest pressure was first described by Morton (1876). This symptom of hypersensitivity was defined by Merskey (1979) as allodynia: "Pain due to a stimulus which does not normally provoke pain" (Merskey and Bogduk, 1994; Loeser et al., 2011). Devor's group stated that tactile allodynia "is fundamentally paradoxical. Partial denervation of the skin ought to blunt sensation, not to amplify it" (Sukhotinsky et al., 2004 p. 135).

In peripheral nerve injury (PNI) with partial denervation, Aβ neurofibre lesions lead to tactile hypoaesthesia, of part of the largest territory of cutaneous distribution of its branch (Lanz von and Wachsmuth, 1935; Taylor et al., 2009; Spicher et al., 2010, 2013). Tactile hypoaesthesia affecting a cutaneous nerve can be expected to fall within the skin territory boundaries outlined in clinical anatomy studies (Carmichael, 2013), a finding recently corroborated in a prospective study of 1947 neuropathic pain patients (NPP) by our group (Spicher et al., 2013). The mapping of hypoaesthesia, named aesthesiography, can be reproduced by considering this hypoaesthesia principle (Létiévant, 1869; Tinel, 1916 [1917] ; Inbal et al., 1987; Spicher, 2013 [2006]).

Based on the hypothesis regarding which cutaneous branch is damaged, partial tactile hypoaesthesia in a specific territory can be mapped using aesthesiography. Another physiological consequence of Aβ neurofibre lesions is to induce hypersensitivity with underlying partial hypoaesthesia: a paradoxical painful-to-touch hypo-aesthesia (Spicher et al., 2008) named static mechanical allodynia (SMA) (Spicher, 2006; Spicher et al., 2008). The cutaneous territory affected by SMA can be mapped using allodynography. After treating SMA with a specific non-pharmacological treatment, only the underlying hypoaesthesia remains. On this basis, one can hypothesize that a management algorithm considering the time-course of two types of somatosensory altered skin (tactile hypoaesthesia and mechanical allodynia) would lessen symptoms in neuropathic pain patients (NPP).

The aim of this prospective observational case series of 66 thoracic neuropathic pain patients (tNPP) was to evaluate a management algorithm for treating two types of neuropathic pain: spontaneous ongoing neuropathic pain (**type A**) and/or touch-evoked neuropathic pain (**type B**). This algorithm of somaesthetic and/or neuropathic conditions consists of two phases: 1. Clinical anatomy diagnosis of somatosensory abnormalities mapped in at least one thoracic branch on each tNPP (**type A** aesthesiography or **type B** allodynography). 2. Successive non-pharmacological somatosensory treatments.

2. Material and Methods

2.1 Subjects

A cohort of 71 chronic neuropathic pain patients (55 females and 16 males, mean age ± SD, 45 ± 13.63 years), with "intercostal" neuralgia [3] were consecutively included in this prospective observational case series between the 1st of July 2004 and the 19th of February 2009. They attended the Somatosensory Rehabilitation Centre (Fribourg, Switzerland) for testing and treatment of neuropathic pain according to the somatosensory rehabilitation method (SRM) as described below (Spicher, 2003, [2006]).

All seventy-one patients (Fig. 1) fulfilled the following inclusion criteria: (1) Presence of neuropathic pain symptoms and signs on the trunk: "intercostal neuralgia" (either a positive aesthesiography or a positive allodynography – see below for details); (2) McGill Pain Questionnaire (MPQ) score of at least 20 points; and- (3) Clinical pain symptoms for at least six months (Supplementary Table 1).

Five patients were excluded for the following reasons: four patients were unable to complete the MPQ and one patient was paraplegic (Fig. 1) – confounding diagnosis of paraplegia Th9 with static mechanical allodynia of anterior cutaneous branch of Th12 left. Considering that a stable medication - antiepileptic, antidepressant or opioid drugs - is reported by the majority of these patients (Spicher and Quintal, 2013) cannot be discontinued due to ethical reasons, this was not considered as an exclusion criterion. A small subgroup of four patients presented with post-herpetic neuralgia (PHN). The average pain duration reported on initial assessment was 4.5 years (range: 0.5 - 43.5 years). Numerous provisional diagnoses were made (Supplementary Table 1) including: status post traumatic (*n*=20), cancer sequelae (*n*=6), miscellaneous etiology (*n*=5), status post surgery (*n*=33) and PHN (*n*=4).

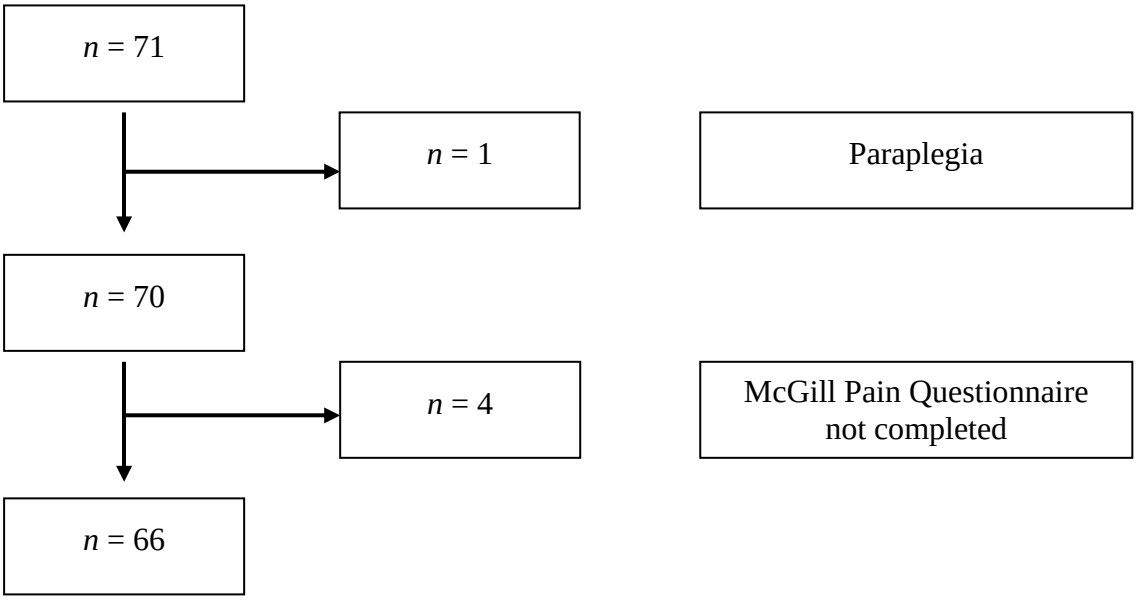

Fig. 1. Demographic diagram of the 71 thoracic neuropathic pain patients (tNPP). Inclusion criteria: (1) Presence of neuropathic pain at least on the trunk, (2) McGill Pain Questionnaire (MPQ) score of at least 20 points, (3) Clinical pain symptoms of at least six months. Exclusion criteria: unable to complete MPQ, confounding diagnosis of paraplegia.

[3] Clinical anatomy comment: the term of intercostal is unfortunately not appropriate for the subcostal neuralgia (Th 12), and for the intercostobrachial neuralgia (Th 2).

2.2 General procedure and design of the prospective observations

Patients were referred to the Somatosensory Rehabilitation Centre to assess and treat their chronic neuropathic pain condition. This case series is the interpretation of clinical observations collected in a prospective way on 71 tNPP extracted from a clinical database of observations on 980 NPP (trigeminal neuralgia, occipital neuralgia, brachial neuralgia, femoral neuralgia, pudendal neuralgia, etc.). Demographic, medical history and treatment data were prospectively recorded in clinical practice with a standardized protocol reflecting the daily practice of the Somatosensory Rehabilitation Centre of the Human Body. Referrals to somatosensory rehabilitation of pain were initiated by medical doctors (*n*=41), including pain specialists, physicians, general practitioners, neurologists, neurosurgeons, thoracic surgeons, general surgeons, and rheumatologists through a written prescription of occupational therapy. All patients received the standard care of the centre. Spicher (2003, [2006]) provides a detailed description of this non-pharmacological intervention: occupational therapy with SRM – evidence-based practice level 2b (see also Dellon, 2000; Spicher, 2003, [2006]; Spicher and Quintal, 2013; Spicher et al., 2008; Spicher, 2008; Quintal et al., 2013). All data were collected in a single centre, following a specific clinical protocol for each chronic pain patient. Each patient attended a weekly treatment session, and was seen alternately by two "SRM trained therapists" which were occupational therapists. All participants received the standardized program of assessment and intervention, including a structured daily home program to follow between visits. Each weekly somatosensory rehabilitation session lasted from 30 to 75 min (average: 45 min). To avoid any misunderstanding, this is *NOT* a study of experimental research.

2.3 Clinical assessment

If the patient's complaints are about neuropathic pain, then he/she has Aβ neurofibre lesions of a cutaneous branch (Spicher et al., 2013). This theoretical hypothesis supports the neuropathic symptoms anamnesis (from the Greek word "to remember" Ανάμνηση) evaluated by the SRM trained therapists and the search for hypoaesthetic territory on the skin with psychophysical tests. It is the first step in order to progress from pain complaints of NPP to a clear identification of the somatosensory abnormalities of the skin.

In order to identify which cutaneous branch is damaged, the SRM trained therapist relies on the clinical anatomy knowledge that the localization of burning pain sensation, or even solely heat sensation, corresponds to the hypoaesthetic territory. The somatosensory mapping is then performed, beginning with this target territory of tactile hypoaesthesia.

2.3.1 Rating of pain intensity and clinical anatomy diagnosis

During the evaluation (t_0), the SRM trained therapist used the original McGill Pain Questionnaire to qualify the phenomenon of pain and identify which cutaneous branch is involved. Therapists are trained to then decide whether to carry out an aesthesiography (**type A**) or an allodynography procedure (**type B**) (Fig. 2 & 3). Depending on the mother tongue of the patient either the original McGill Pain Questionnaire in English was used (Melzack, 1975),

or alternatively the *Questionnaire de la douleur St-Antoine* in French (Boureau et al., 1984), the *McGill Schmerz-Fragebogen* in German (Stein and Mendl, 1988) or the Italian version of the McGill Pain Questionnaire (Maiani and Sanavio, 1985).

Change in reported pain was assessed using the MPQ at baseline (initial evaluation), every 4 weeks and during the final treatment session. The presence of altered somatosensory function was searched in at least one thoracic branch for each patient, using the aesthesiography procedure (Fig. 2).

2.3.2 Aesthesiography

Aesthesiography (Fig. 2) is the first clinical examination sign of the SRM utilized to map the tactile hypoaesthetic territory (Spicher 2003 [2006]). The term "aesthesiography" (Létiévant, 1876 [1875]; Spicher and Kohut, 2001) is used because it refers to a mapping of the hypoaesthesia (Létiévant, 1869; Tinel, 1916 [1917] ; Inbal et al., 1987; Quintal et al., 2013). This examination took place at the beginning of each session, before treatment. Testing was always performed in the same environment. Testing room temperature was maintained at 20° ± 1 ° C.

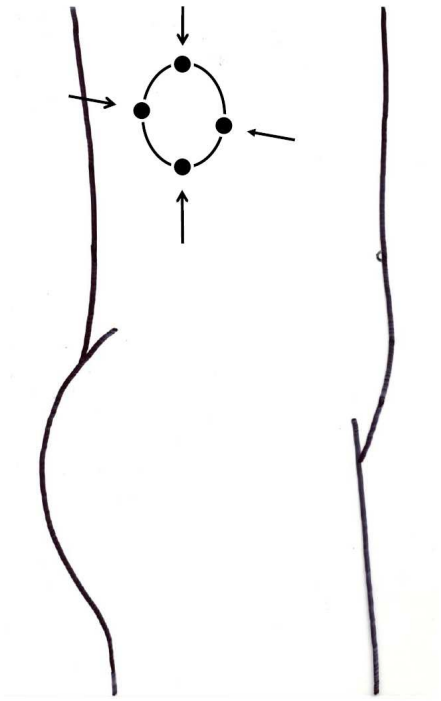

Fig. 2 Type A aesthesiography of the lateral cutaneous branch of the 8th right thoracic nerve; on the lateral side of the trunk with a Semmes-Weinstein 0.7 g aesthesiometer (mark 3.84). The aesthesiography outlines the hypoaesthetic territory: the portion of skin where aesthesiometer is not detected. Arrows show the axes along which the stimulus is applied. Points indicate where the application of the 0.7 g aesthesiometer is not detected.

The aesthesiography procedure cannot be administered in the presence of hypersensitivity to touch (allodynia symptom). Therefore, in such cases, allodynography was performed (Fig. 3).

2.3.3 Allodynography

Allodynography (Fig. 3) is the second clinical examination sign of the SRM which quantifies and maps SMA using a standardized procedure in the territory of the skin where the patient reports symptoms of tenderness, hypersensitivity to touch (Spicher 2003 [2006]; Spicher et al., 2008, pp. 80-81 and its Appendix A pp. 90-91). Mapping of the SMA territory facilitates visual inspection in diagrammatic form of the allodynic skin area. The assessment is conducted with a Semmes-Weinstein 15 g aesthesiometer (mark 5.18) in order to delineate the borders of the SMA territory. On the longitudinal axis of the damaged cutaneous branch, from proximal to distal, the first allodynic point is found by sequential application of stimuli in a standardized pattern to precisely identify the first allodynic point at the prescribed pain threshold (3/10 VAS rating) along this axis (Fig. 3). The procedure is repeated on the perpendicular axis. A polygon is traced by joining the border sites obtained to outline the hypersensitive territory (Spicher et al., 2008).

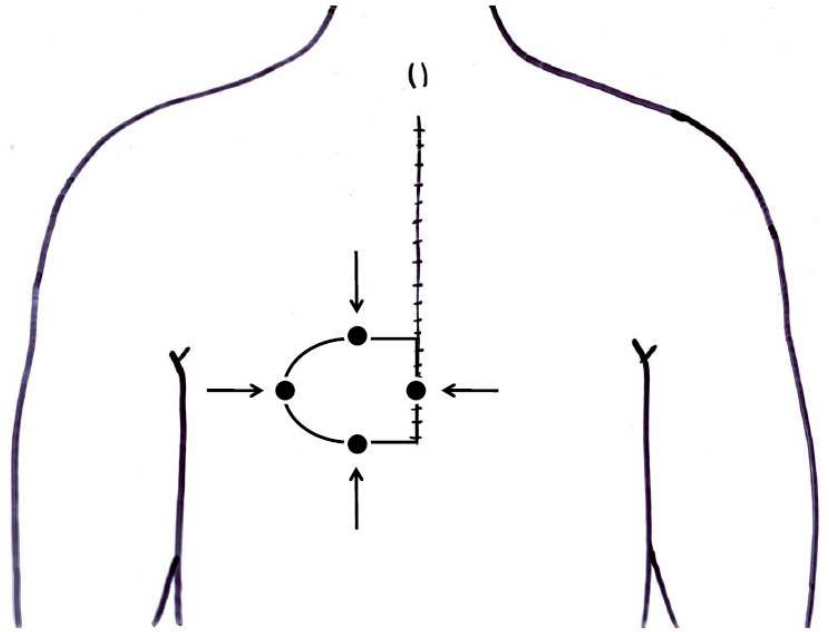

Fig. 3 Type B allodynography of the posterior branch of the 3rd left thoracic nerve tested on the posterior side of the trunk with a Semmes-Weinstein 15.0 g aesthesiometer (mark 5.18). The allodynography outlines the hypersensitive territory: where aesthesiometer is perceived as painful. Arrows indicate the axes along which the stimulus is applied. Points indicate where the application of 15.0 g aesthesiometer is perceived as a pain of 3 (on a VAS of 10 cm).

2.4 Algorithm for clinical reasoning (Español p 33, Français p 34, Português p 35)

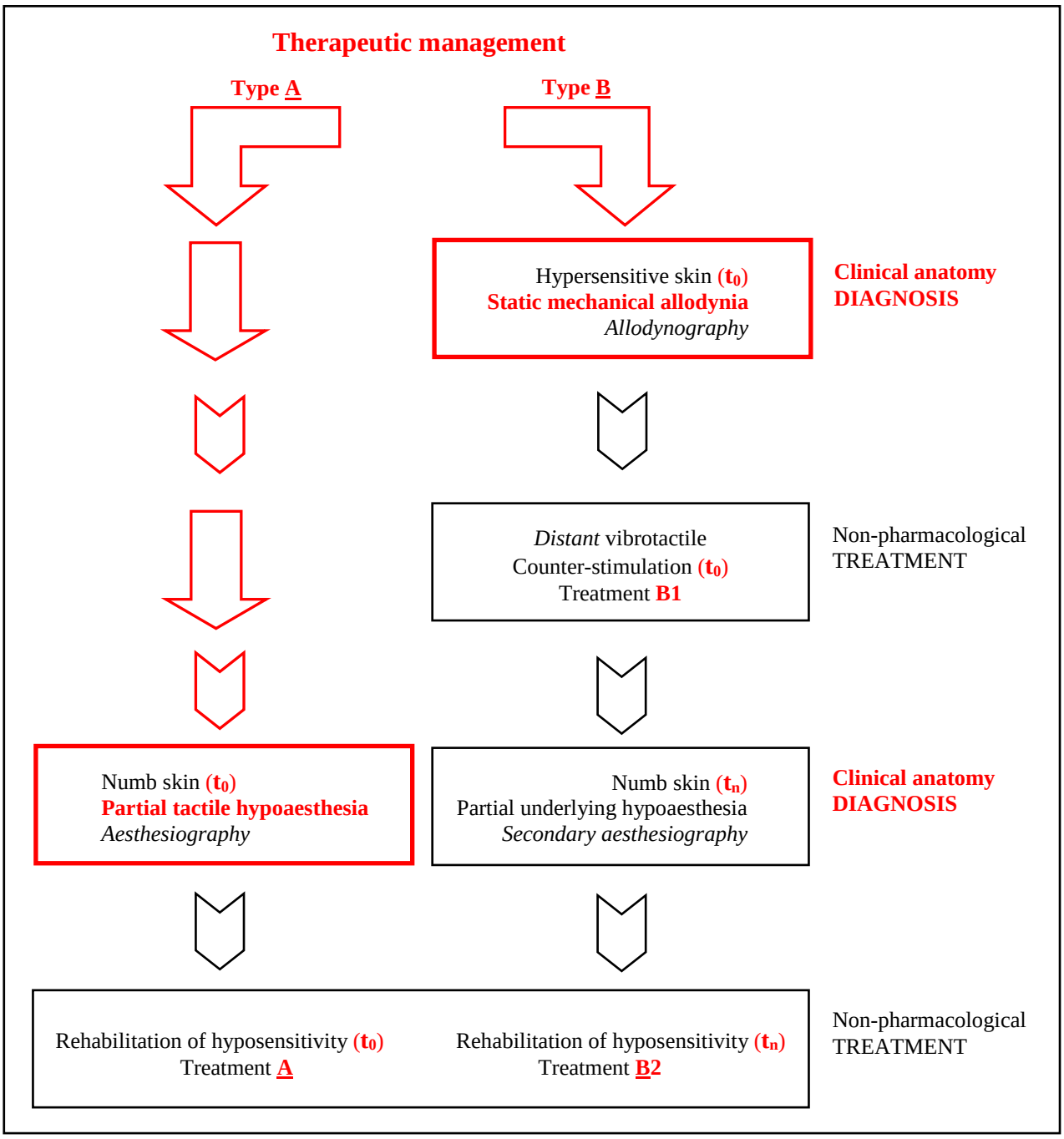

Fig. 4 Management algorithm to treat spontaneous ongoing neuropathic pain and/or touch-evoked neuropathic pain: At t_0, the therapeutic management of somatosensory testing and rehabilitation is either: Treatment A) Rehabilitation of hyposensitivity, if a part of the skin is numb (aesthesiography) or: Treatment B1) *Distant* Vibrotactile Counter-Stimulation (DVCS), if the skin is hypersensitive (allodynography). At t_n, when the allodynography becomes negative (secondary aesthesiography) the therapeutic management is: Treatment B2) Rehabilitation of hyposensitivity (Quintal et al, 2013).

A complex clinical anamnesis and clinical examination of tNPP is required in order to choose between the clinical anatomy **type A** and **type B** (Fig. 4). During the assessment of NP symptoms, which can occur spontaneously, if the patient complained about tenderness to touch, the SRM trained therapist interrupted the assessment of the MPQ and started using the Visual Analogue Scale (VAS) to begin assessing the hypersensitivity to touch following the

allodynography procedure. Figure 5 summarizes the different moments when the SRM trained therapist can interrupt the first **type A** of somatosensory testing – hypoaesthesia assessment - towards this second **type B** of clinical examination sign: the allodynography.

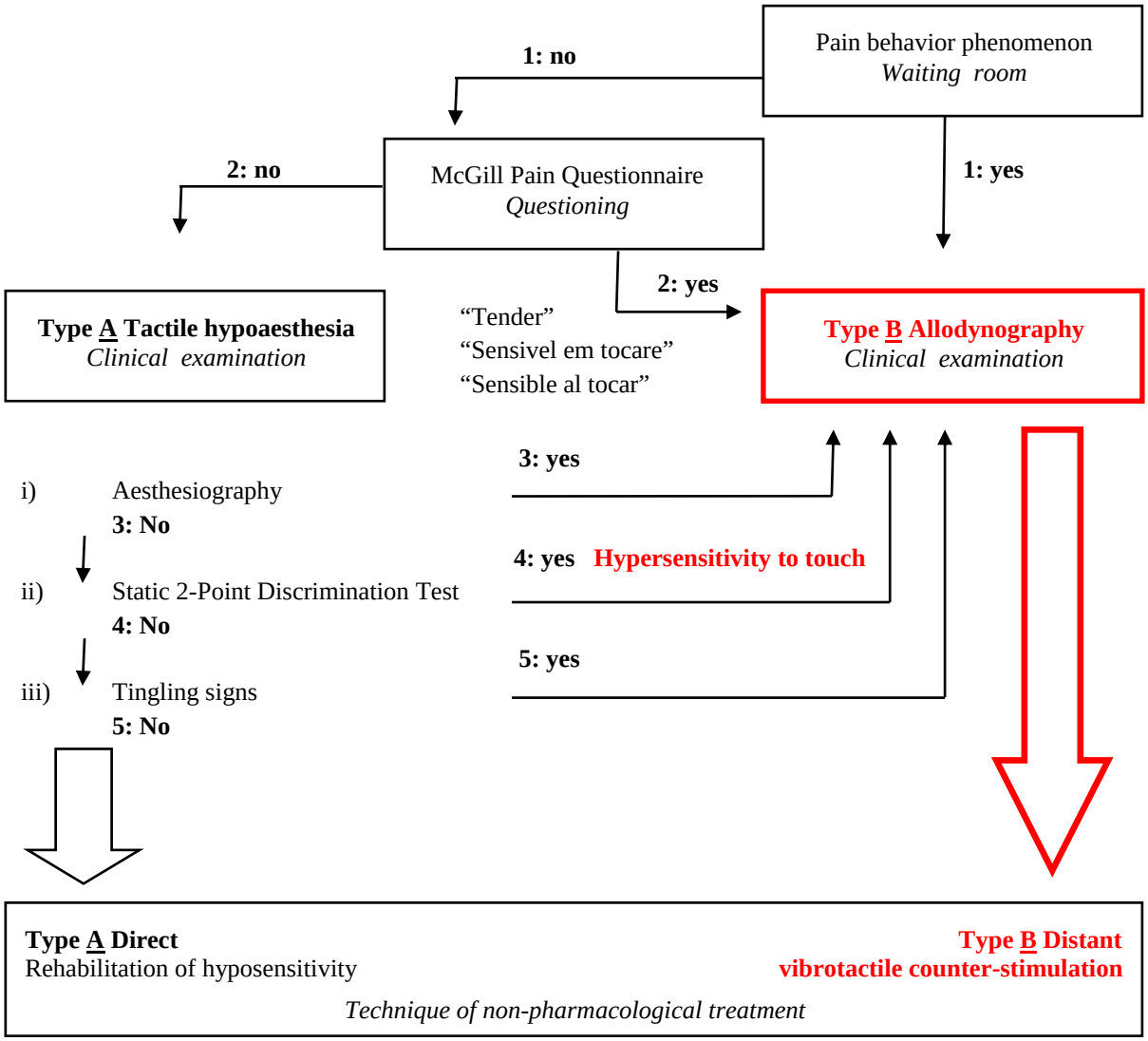

Fig. 5 Clinical reasoning process – clinical anamnesis and psychophysical examinations (from upper right corner to bottom): the five different moments when the SRM trained therapist can start assessing the hypersensitivity to touch instead of hypoaesthesia (i.e. change from aesthesiography to allodynography) and choose the *distant* vibrotactile counter stimulation instead of the rehabilitation of hyposensitivity as a therapeutic management. 1 and 2 are the moments when the patient gives either a non-verbal or a verbal clue of hypersensitivity to touch to the SRM trained therapist. 3, 4 and 5 are the moments when the SRM trained therapist cannot complete specific test due to the hypersensitivity to touch.

2.5 Clinical anatomy of the thoracic cutaneous branches

Previous work has been undertaken to provide a detailed understanding of somatosensory testing and rehabilitation in thoracic Neuropathic Pain Patients (tNPP). The twelve thoracic nerves I - XII arise out of about fifty-seven branches (Spicher et al., 2010, 2013): each thoracic nerve comprising three cutaneous branches – anterior (Fig. 6A), lateral and posterior (Fig. 6B) – and each anterior and lateral branch issuing itself from a medial and a lateral

branch (N.B: the lateral branch of the 2nd thoracic nerve is the intercostobrachial nerves). In tNPP, this clinical anatomy can inform the understanding of the clinical presentation and management of pain arising from Aβ fibers lesions (Hansson, 2003; Hehn von et al, 2012).

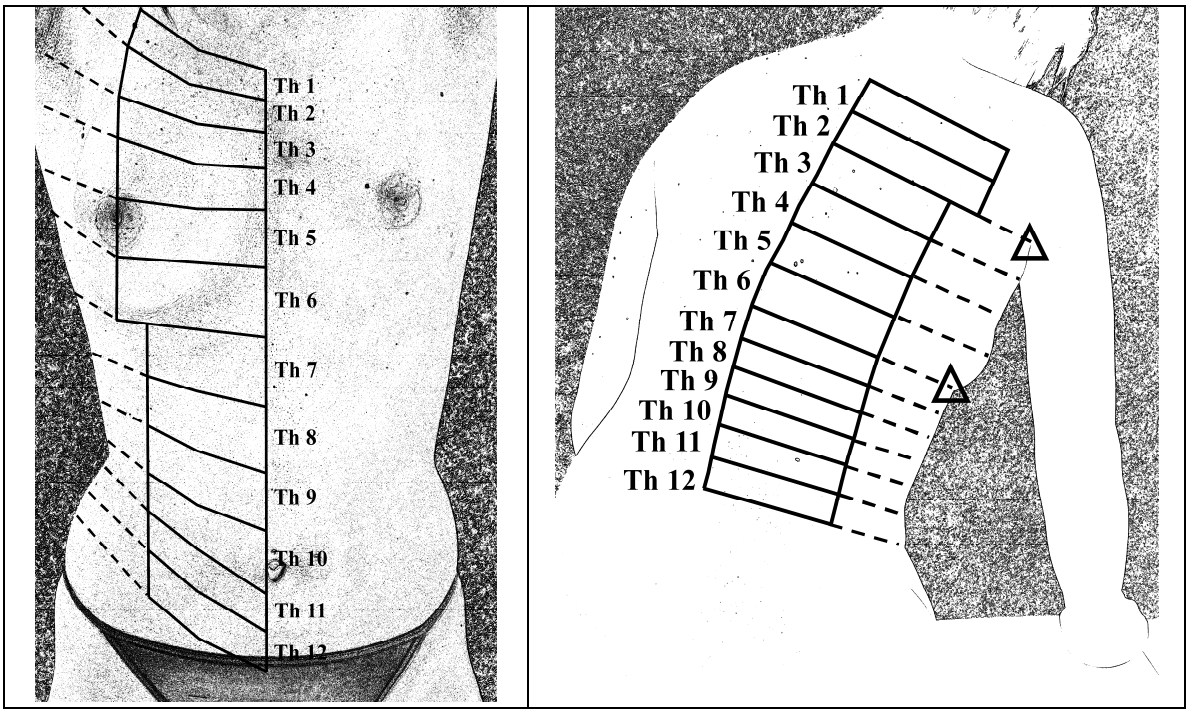

Fig. 6A. Territory of cutaneous distribution of anterior pectoral cutaneous branches of the twelve thoracic nerves.
Fig. 6B. Territory of cutaneous distribution of the posterior branch of the twelve thoracic nerves.
Fig. 6A & 6B were adapted by the authors (Spicher et al., 2010, 2013) with the kind authorization of the publisher.

2.6 Intervention protocol

All patients underwent the non-pharmacological somatosensory rehabilitation method. This semi-structured protocol is based on the technical guidelines, described partly in the Textbook for somatosensory testing & rehabilitation (Dellon, 2000 (4th ed.)), then in the Handbook for somatosensory rehabilitation (Spicher, 2003 (1st ed.) [2006]; Spicher & Quintal, 2013 (2nd ed.)).

2.6.1 Therapeutic management

Therapeutic management is the choice between two types of somatosensory rehabilitation of pain techniques (Fig. 4 & 5):

Type A: Rehabilitation of hyposensitivity;

Type B: *Distant* Vibrotactile Counter-Stimulation (DVCS) and then rehabilitation of hyposensitivity.

SRM was previously described in details (Spicher, 2003 [2006]; Spicher and Quintal, 2013). The whole method can be taught to doctors and rehabilitation professionals in 56 hours, although the aesthesiography and allodynography testing procedures need 14 hours of training.

2.6.2 DVCS

While the technique has already been described in details in Spicher et al. (2006, 2008, 2009), a brief overview follows. In the presence of an allodynic territory, a tactile device (used at home) and a vibratory device (used in therapy) were employed to provide comfortable somatosensory stimulations in a zone that is proximal to the territory of SMA but that is *distant* enough to ensure that the patient's experience is described as comfortable. The variable parameter of DVCS is the localization of the stimulus application. The tactile device was made of any material providing a comfortable stimulus to the individual patient (for example, fur, silk, microfiber fleece) and the vibratory device generated mechanical vibrations (parameters of stimulation: frequency 100 Hz, amplitude 0.06 mm: Spicher et al., 2008).

In this protocol, the SRM trained therapists had initially i) to hypothesize the cutaneous branch involved, ii) to designate an anatomically relevant zone of skin where DVCS must be applied (at home eight times a day for 1 minute and in therapy once a week) and iii) to delineate the zone of skin where touch stimuli should be avoided as it would induce painful perceptions.

2.6.3 Rehabilitation of hyposensitivity.

The technique (Spicher, 2006; Spicher and Quintal, 2013) is based on the neuroplasticity of the somatosensory system, involving direct stimulation of the hypoaesthetic skin mapped by aesthesiography. A tactile device was used at home and a vibratory one in therapy. The home program was prescribed four times a day for 5 minutes. In therapy, the variable parameter of the rehabilitation of hyposensitivity is the magnitude of the mechanical vibration (as identified by the Vibradol^{TM}): the Vibration Perception Threshold plus 0.1 mm to ensure the patient perceived the vibration.

2.6.4 Secondary aesthesiography

When the allodynography becomes negative because of the successful disappearance of the SMA (Spicher et al., 2008, p. 81 and its Appendix C p. 92) in **type B** tNPP treated with DVCS, secondary aesthesiography was used to assess the area of underlying hypoaesthesia (Fig. 4). The term "aesthesiography" is used because it refers to a mapping of hypoaesthesia, while "secondary" is used to avoid any confusion with the initial aesthesiography used to identify those tNPP with **type B** somatosensory changes. As previously described, there is always an underlying hypoaesthetic skin under SMA (Spicher et al., 2008). "Look for hypoaesthesia, because, by decreasing hypoaesthesia neuropathic pain decreases" (Spicher and Clément-Favre, 2008, p. 25): this paradigm of the SRM explains the search for hypoaesthesia.

2.6.5 Short-form pressure perception threshold

The pressure perception threshold (PPT) introduced by von Frey (1896) is a test used to determine the patient's ability to perceive the application of a force on the skin (this ability is

named also mechanical detection threshold). The PPT used in SRM is based on the application of seven aesthesiometers (from a kit of twenty) (Semmes et al., 1960; Malenfant et al., 1998, Spicher, 2006). It is conducted during the initial assessment in the centre of the area identified by aesthesiography (**type A**).

The short-form pressure perception threshold score is determined by the mean value of the force application of the three aesthesiometers detected in an ascending, descending and ascending series (ADA) (Spicher et al., 2008, pp. 81-82; Spicher and Quintal, 2013). In the ascending series (from the thinnest to the thickest of the seven aesthesiometers), it corresponds to the first of the aesthesiometers that is detected by the patient. In the descending series (from the thickest to the thinnest), it corresponds to the last one detected. During the session following the disappearance of the SMA, this test was also conducted in the centre of the secondary aesthesiography (**type B**).

We have chosen the short-form of PPT to reduce the duration of the test and also to diminish the risk of SMA reappearance. If applied earlier, when the SMA is still present, the application of the stimulus may increase the severity of the hypersensitivity to touch, which limits the possibility of decreasing SMA.

2.7 Parallel pharmacological treatment

As the seventy-one chronic patients were referred by forty-one prescribing doctors, their pharmacological treatment was usually based on antiepileptic drugs (Dworking et al., 2007, 2010; Attal et al., 2010) (i.e. pregabalin, gabapentin, clonazepam) through individual titration (**Suppl. Table 1 provides a complete summary of this information**).

Patients with strong NP or who did not respond to first line medications, were given opioid analgesics such as oxycodone, or tramadol, in combination with the first line medication. Combined of medication is a frequent pattern with patients followed at the Somatosensory Rehabilitation Centre in Fribourg (Spicher and Quintal, 2013). With this cohort, the focus was on rehabilitation interventions rather than pharmacological management.

2.8 Statistics

The quantitative data of the pressure perception threshold were analyzed statistically using the Sigmaplot 12.0 software. Group comparisons were based on the non-parametric unpaired Mann-Whitney Rank Sum Test. The scores of the original MPQ are described by mean (ranges), standard deviation (SD) and median.

3. Results

The clinical data of 66 patients at the time point of the first investigation are listed in details in table 1: a total of 99 cutaneous branches were damaged. They were distributed amongst 35 cutaneous thoracic branches (Table 1). 34 patients presented intercostal neuralgia with involvement of a single cutaneous branch.

Posterior branch of Th1	5			Anterior cutaneous branch of Th1	1
Posterior branch of Th2	6	Intercostobrachial nerves	10	Anterior cutaneous branch of Th2	4
Posterior branch of Th3	3	Lateral cutaneous branch of Th3	3	Anterior cutaneous branch of Th3	1
Posterior branch of Th4	3	Lateral cutaneous branch of Th4	7	Anterior cutaneous branch of Th4	1
Posterior branch of Th5	1	Lateral cutaneous branch of Th5	9	Anterior cutaneous branch of Th5	8
Posterior branch of Th6	1	Lateral cutaneous branch of Th6	4	Anterior cutaneous branch of Th6	3
Posterior branch of Th7	1	Lateral cutaneous branch of Th7	3	Anterior cutaneous branch of Th7	3
Posterior branch of Th8	0	Lateral cutaneous branch of Th8	0	Anterior cutaneous branch of Th8	1
Posterior branch of Th9	1	Lateral cutaneous branch of Th9	1	Anterior cutaneous branch of Th9	5
Posterior branch of Th10	0	Lateral cutaneous branch of Th10	2	Anterior cutaneous branch of Th10	2
Posterior branch of Th11	3	Lateral cutaneous branch of Th11	0	Anterior cutaneous branch of Th11	1
Posterior branch of Th12	4	Lateral cutaneous branch of Th12	0	Anterior cutaneous branch of Th12	2

Table 1
Distribution of the 99 damaged cutaneous branches (*n*=66 patients).

At the evaluation (t_0), all cutaneous branches were classified (Table 2) as either hypoaesthetic (with a positive aesthesiography, 53 % of the total) or hypersensitive (with a positive allodynography, 47 %). None of them presented any somaesthetic disorders: a negative aesthesiography and a negative allodynography (Table 2).

When the skin was hypoaesthetic (**type A**: *n*=52), the importance of partial hypoaesthesia measured with PPT was 38.0 g ±SD = 28.2 g (range: 0.2-75.1 g). At baseline (t_0), 47% of those 99 cutaneous branches (Table 2) that were damaged were hypersensitive with a positive allodynography (**type B**: *n*=47). After DVCS treatment, 72% of these allodynographies became negative (*n*=34). The average DVCS duration was 76.3 days ±SD = 74.1days (range: 6-355 days).

	At the evaluation (t_0)
Hypoaesthetic skin **Type A** *Positive aesthesiography*	**53 %** *n*=52
Paradoxical painful-to-touch hypo-aesthetic skin **Type B** *Positive allodynography*	**47 %** *n*=47
Normal skin *Negative aesthesiography* *Negative allodynography*	**0 %** *n*=0

Table 2
At the evaluation (t_0), clinical anatomy status of the 99 damaged cutaneous branches (*n*=66 patients) either hypoaesthetic **type A** or painful to touch **type B**.

The 34 damaged cutaneous branches with partial hypoaesthesia following treatment of their SMA (**type B** in the Figure 4) exhibited PPT values similar from those of the 52 damaged cutaneous branches with initial partial hypoaesthesia (**type A** in the Figure 4), (p=0.767; Mann-Whitney Rank Sum Test).

The median score was 2.2 in **type B** subgroup (Q1 = 1.3; Q3 = 15.1) and 2.65 in **type A** subgroup (Q1 = 1.3; Q3 = 11.7). Pain intensity as described by MPQ, at first day of testing (**Supplementary Table 1**), for the 66 patients from our cohort was 45.5 points ±SD = 28.2 points (range: 20-86 points). Pain intensity of 14 tNPP was ≥ 60 points.

	Discontinued before 4 weeks (*n*=11)	**Discontinued after 4 weeks** (*n*=13)	**Completed** (*n*=42)
Pain reduction ≥ 50%	0	4	36
Algorithm efficacy	0%	31 % (4 / 13)	86 % (36 / 42)
	61 % (40 / 66)		

Table 3
Algorithm efficacy: In clinical practice (*n*= 66 patients), somatosensory rehabilitation has been either discontinued at the beginning of the treatment (< 4 weeks), discontinued during the treatment (≥ 4 weeks) or completed. A pain reduction of at least 50% on the McGill Pain Questionnaire., pre- and post- treatment, is considered successful.

At clinical anamnesis, all 66 patients complained of neuropathic symptoms on the trunk. 32 patients had several, from one to four, neuralgias associated with the intercostal neuralgia: trigeminal (2), occipital (3), cervical (10), brachial (27), another intercostal (42), lumbar abdominal (7), lumbar femoral (3), femoral (1), sciatic (8), sacral (2).

Of the 66 patients treated with SRM, 24 (36.3 %) discontinued their somatosensory rehabilitation of pain before normalization of their hypoaesthetic skin. These interruptions of treatment were either caused by another medical disorder (i.e. patient required abdominal surgery) or by the patient's choice (i.e. patient chose to follow another treatment such as physical therapy). One treatment was interrupted by the prescribing doctor authorizing return to work. In one case, treatment was discontinued by the SRM trained therapist, because the patient was unable to attend to her own body perceptions and could not complete the evaluation.

Of these 24 patients, 11 did not complete one MPQ. Of the 42 patients of the original cohort that completed their treatment, all completed a final MPQ. Within the initial cohort of 66 patients, 40 patients (Table 3) presented a pain reduction of at least 50% on the final MPQ: 61 % (66 / 40 = 1.65).

5. Discussion and conclusions

From all observations in chronic tNPP, 100 % (Table 2) of the altered cutaneous sensibilities of the skin (*n*=99 branches) investigated in real conditions were either A) a hypoaesthetic (positive aesthesiography) or B) a hypo-aesthetic paradoxically painful-to-touch (positive allodynography). None of them presented a normal somaesthetic profile: a negative aesthesiography and a negative allodynography. Consequently, it is worthy to evaluate somatosensory abnormalities in tNPP, more specifically, Aβ neurofibre lesions and their tactile hypoaesthesia – this common clinical characteristic of pain in an area with partial or complete somatosensory loss (Jensen & Finnerup, 2014). These two subgroups of somatosensory abnormalities are summarized in Table 4.

	Type of neuropathic pain	Skin status	Symptoms	Clinical examination sign	Diagnostic
Type A	**Spontaneous**	**Tactile hypoaesthesia**	**Numbness**	**Aesthesiography**	**Neuralgia**
Type B	**Touch-evoked**	**Tactile allodynia**	**Hypersensitivity**	**Allodynography**	**Static mechanical allodynia**

Table 4

The concept of Aβ pain allows neuropathic pain to be evaluated according to two subgroups, categorized by distinct clinical signs: **A**) aesthesiography mapping the territory of tactile hypoaesthesia and **B**) allodynography objectively describing and mapping the territory of tactile allodynia (Packham et al., 2013).

In clinical practice, our observations that 40 out of 66 patients (61 %) treated with SRM had pain reduction of at least 50% on the MPQ suggest that it is valuable to consider somaesthetic and/or neuropathic conditions with an appropriate management **algorithm** (Fig.

4) to treat spontaneous ongoing neuropathic pain and/or touch-evoked neuropathic pain. Hypoaesthetic territories were treated by basic somatosensory rehabilitation named rehabilitation of hyposensitivity (**treatment A**). Allodynic territories were treated initially by DVCS (**treatment B1**), and later, when allodynia disappeared, by basic somatosensory rehabilitation. If we only consider the tNPP who completed their treatment by reaching normal skin sensitivity, the positive outcomes increase from 61 % to 86 % (Table 3).

As for peripheral neuropathic pain conditions, non-pharmacological treatments should be considered (Finnerup et al., 2005). Its clinical anatomy diagnosis is based on somatosensory abnormalities. One of the main interests of the present study is that the data were collected in clinical practice (Johnson et al., 1991; Johnson et al., 2012), in a single rehabilitation centre. An inter-tester assessment of twelve medical doctors with no specific training demonstrated the unsatisfactory reliability in detecting tactile hypoaesthesia in order to diagnose diabetic sensorimotor polyneuropathy (Dyck et al., 2010). In the present study, in order to maximize the inter-tester reliability, the data were collected exclusively by SRM trained therapists, who had completed the training course to assess NPP for tactile hypoaesthesia and tactile allodynia.

In tNPP with neuropathic pain in a specific dermatome, the mapping of aesthesiography or allodynography is easier than in general NPP because the clinical anatomical concept of largest territory of cutaneous distribution is not necessary (Lanz von and Wachsmuth, 1935; Spicher et al., 2010, 2013). 34 patients (52 %) were presenting an intercostal neuralgia with only one damaged cutaneous branch (and not the three branches of one thoracic nerve as in PHN). Consequently, the complete dermatome is not always damaged. It is essential to consider that tNPP are not only PHN patients. In our cohort of intercostal neuralgia (*n*=71), associated diagnoses (Fig.1) extend beyond post-surgical patients (*n*=33) and PHN patients (*n*=4). Numerous provisional diagnoses were made, including: status post traumatic (*n*=20), cancer sequelae (*n*=6), idiopathic pain (n=4), etc.

In tNPP, as in PHN (Head and Campbell, 1900; Watson et al, 1991; Nurmikko, 1994; Gilron et al., 2006), hypersensitivity often spread outside the innervation territory of the affected nerve and overlapped the neighbouring nerve territories (one dermatome, or more, above and/or below), outside the area of spontaneous neuropathic pain (i.e. burning sensations). In tNPP, this cutaneous somatosensory abnormality, which has been named overlapping (Arner et al., 1990) or dyslocalization (Hansson, 1994), is considered as a qualitative and spatial widespread touch-evoked pain that can be precisely mapped. As tactile allodynia involves an increase in the duration of response to brief stimulation (Coderre et al., 1993), the testing of the allodynography needs a careful mapping of only four points and not more (Fig. 3). As increased pain after repetitive stimulation - temporal summation of pain (Pfau et al., 2014) - and pain persisting after stimulation are specific descriptors of touch-evoked pain (Jensen & Finnerup, 2014), we did *NOT* test for hyperalgesia. In order to increase the level of sophistication in pain psychophysics (Magerl and Klein, 2006), we preferred to map only tactile hypoaesthesia and tactile allodynia.

The mechanisms of basic somatosensory rehabilitation that normalize tactile hypoaesthesia remain unclear. Their review is beyond the scope of this paper. Further research is needed to corroborate the current findings and elucidate neuroplastic mechanisms in the somaesthetic system, accounting for these treatment effects: neighbour cutaneous

branches, ascending paths, parieto-occipital cortices (Inbal et al., 1987; Sadato, 2004) could be one of them.

The mechanisms of DVCS need to be discussed. In NPI, if we consider the axonal lesions are both C and Aβ neurofibre injuries and *NOT* only C neurofibre injuries, it is reasonable to expect partial tactile hypoaesthesia. The residual Aβ neurofibre evoke hypoaesthetic touch sensation. If central sensitization (Woolf, 1983; Woolf, 2011) is present, they should cause pain (Aβ pain). If DVCS turns off central sensitization, then sensation will return to what is expected after partial denervation: partial tactile hypoaesthesia. In the present sample of 66 patients, some suffered from neuropathic pain over a period of several years (up to 40 years). These observations indicate that, even if the peripheral and central sensitizations have been established for a long time (Woolf et al., 1992; Koerber et al., 1999; Kohama et al., 2000; Klede et al., 2003; Todd and Koerber, 2006), they can still be reversed to eliminate touch-evoked neuropathic pain. But the neurophysiological mechanisms underlying the reversal of central sensitization, in particular how vibrotactile stimuli may relieve pain, are still unclear (Inui et al., 2006; Spicher et al., 2008; Hollins et al. 2014). Even if the dynamic between the uninjured and the injured Aβ-fibres should be considered differently at three weeks, thirty months or three years after the lesions, touch-evoked neuropathic pain is largely due to impulses in large myelinated Aβ-fibres (Gracely et al., 1992; Devor, 2009, Sandkühler, 2009). Moreover, tactile allodynia, maintained by peripheral input (Devor and Tal, 2014), provides a partial explanation for DVCS mechanisms. One of the tasks of the SRM trained therapist is to delineate the zone of skin where tactile stimuli should be avoided and to educate the tNPP to transfer this prescription in his activities of daily living. In brief, damage in Aβ neurofibre and their tactile hypoaesthesia is peripheral; the mechanisms for pain sensitization are mostly centrally driven, with referral back to the peripheries where it is perceived as a paradoxical painful-to-touch hypo-aesthesia (McCabe, 2009).

In 1979, the IASP replaced the concept of hyperaesthesia (Dejerine, 1914; Noordenbos, 1959) with three different concepts: hyperalgesia, secondary hyperalgesia and allodynia in order to study their different underlying physiological mechanisms (Merskey, 1979). If the pathogenesis of hyperalgesia and dynamic mechanical allodynia (DMA) is C fibers lesions (Baron and Saguer, 1995; Attal et al., 1998; Maihöfner et al., 2010; Scadding and Kolzenburg, 2013), the physiological mechanism of SMA is different. Sensitized nociceptors show an exaggerated response to suprathreshold heat and mechanical stimuli: heat and mechanical hyperalgesia (Campbell and Meyer, 2006; Scadding and Kolzenburg, 2013). However, the sensitized nociceptor hypothesis does not explain tactile allodynia. A significant body of evidence indicates that hypersensitivity to touch is signalled by low-threshold Aβ touch afferents, *NOT* sensitized nociceptors (Bouhassira and Attal, 2012; Hehn von et al., 2012; Scadding and Kolzenburg, 2013; Devor, 2013; Marchand, 2014). At baseline (t_0), 47 positive allodynographies (**type B**) were mapped on 66 tNPP. Through DVCS, 34 of these 47 allodynographies became negative and their underlying hypoaesthetic territory always appeared. In PNI, these data confirm a relationship between the hypersensitive territory (SMA) and the underlying territory of partial denervation (Spicher et al. 2008). Even if they did not formally correlate these two somatosensory abnormalities, other authors have documented the two clinical examination signs (Muller and Winkelmann, 1969; Moriwaki et al., 1994; Moriwaki and Yuge, 1999; Jensen and Finnerup, 2014).

In conclusion, in tNPP, the evolution of two types of initial somatosensory abnormalities **A**) partial tactile hypoaesthesia and **B**) paradoxical hypo-aesthesia painful- to-touch into similar clinical presentations confirms the management algorithm for clinical reasoning (Fig. 4). The Aβ neurofibre, whose partial lesions are physiologically reflected in an area of partial hypoaesthesia and generate spontaneous and/or touch-evoked neuropathic pain (Hansson, 2003), should be considered co-contributors to pain perception (Packham et al., 2013; see also Table 4). To elaborate these findings, the presence of Aβ neurofibre lesions as a hypothetical cause of neuropathic pain should not be considered merely theoretical. It is a clinical hypothesis which supports the treatment of NPP, in particular amongst thoracic neuropathic pain patients (tNPP). This article demonstrates the possibility of mapping cutaneous somatosensory abnormalities through aesthesiography and allodynography but with a very specific evaluation using the qualifiers of the MPQ. "Another problem in translating from a symptom or sign to the underlying mechanism relates to the methods used to classify patients." (Jensen and Kehlet, 2011, p.12). The SRM provides the opportunity not only to objectively classify, but to reduce neuropathic pain in Aβ neurofibre lesions, and ultimately the suffering of these patients, as well.

Acknowledgments

The authors wish to thank Professor Marshall Devor, PhD, Professor Eric M. Rouiller, PhD, Professor Isabelle Decosterd, MD, Professor Alain Golay, MD, Prof Candy McCabe, PhD, RGN and Georges Kohut, MD, for critical review of the manuscript; all the staff of the Somatosensory Rehabilitation Centre, in particular Nadège Buchet (-Desfoux), Certified Somatosensory Therapist of Pain (CSTP®), for collecting data, Tara L. Packham, PhD candidate, OTReg(Ont), CSTP®, Elinor Behar, CSTP® Rebekah Della Casa, CSTP®, Barbara Shankland, BSc OT, CHT and Renée Hamilton, BSc OT, for editorial comments and Mélanie Kaeser, PhD, for her help with statistics.

Declaration of interests

The authors have no financial or any other relationships that might lead to a conflict of interest.

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Suppl.Table 1 Demographic data, pain duration and intensity of neuropathic pain at first session in 71 patients with intercostal neuralgia (66 NPP included + *5 NPP excluded*)

Patient			Diagnosis	Treatment	Pain duration (years)	t_0 pain intensity MPQ (%)
Nb.	F/M	Age (years)				
1	F	46	L Status post traumatic[1]	Gabapentin	4	50
2	H	40	L Idiopathic pain	Gabapentin	3	52
3	H	63	R Status post surgery[2]	Flupantixol	3.5	28
4	H	43	R Status post surgery	Bupivacaine blockade	1.5	59
5	F	39	R Status post traumatic	Gabapentin	2	17
6	F	48	R Status post surgery	Oxycodon	2	59
7	F	39	L Status post traumatic	-	3	47
8	F	62	L Status post breast cancer	-	2	30
9	H	37	L Status post traumatic	Bupivacaine blockade	0.5	62
10	F	54	L Idiopathic pain		12	63
11	F	53	L & R Idiopathic pain	Gabapentin	14	28
12	*H*	*49*	*L & R Status post surgery*	*Gabapentin*	*2*	*Not Completed*
13	H	53	R Status post traumatic & post breast cancer	Bupivacaine blockade, Capsaicin, Gabapentin	2	28
14	F	51	L Idiopathic pain		1	34
15	F	39	R Status post thyroid cancer	-	0.5	53

F, female; M, male; L, left; R, right. *In italic: NNP excluded* (*n*=5)
t_0, at the day of the initial testing; MPQ, McGill Pain Questionnaire
[1] Post traumatic as: car crash (*n*=2), intimate partner violence (*n*=2), boots kicks in the back during Bosnia war (*n*=1), violent sneezing (*n*=1), parapente crash (*n*=1), etc.
[2] Post surgery as: thoracotomy (*n*=9), cholecystectomy (*n*=5), post breast implant (*n*=2), foraminectomy, C_6-C_7 (*n*=1), post liver transplantation (*n*=1), etc.

Patient			Diagnosis	Treatment	Pain duration (years)	t_0 pain intensity MPQ (%)
Nb.	F/M	Age (years)				
16	H	46	R Status post traumatic	Naltrexone	5.5	25
17	H	44	L Status post surgery	Clonazepam	1	45
18	F	47	R Status post surgery	Gabapentin	1	31
19	H	61	L Status post surgery	Gabapentin	1	36
20	F	44	R Status post surgery	Clonazepam, Amitriptyline	0.5	33
21	F	51	R Status post breast cancer	Bupivacaine blockade, Amitriptyline	1	43
22	F	56	R Status post traumatic	Duloxetine	3.5	67
23	F	39	R Status post surgery	-	11	33
24	F	58	L & R Status post breast cancer	Gabapentin	1	61
25	F	24	L Anorexic polyneuro-Pathy	-	0.5	53
26	F	29	L Status post surgery	Tramadol	1	36
27	F	46	L Status post breast cancer	Gabapentin	2	60
28	H	52	L Status post surgery	Oxycodon, Clonozepam	43.5	36
29	F	72	L & R Status post surgery	-	0.5	22
30	F	44	R Status post traumatic	Tramadol	3	52
31	F	58	L Status post-herpetic	Pregabalin	0.5	5
32	F	25	R Status post traumatic	Oxycodon	6	74
33	F	48	L & R Status post surgery	Oxycodon	3.5	86
34	F	68	L Skeletal hyperosthosis	-	4.5	41
35	F	50	R Status post surgery	Gabapentin	30	67
36	F	71	R Status post-herpetic	Tramadol	3.5	45

F, female; M, male; L, left; R, right. *In italic: NNP excluded* (*n*=5)
t_0, at the day of the initial testing; MPQ, McGill Pain Questionnaire

Patient			Diagnosis	Treatment	Pain duration (years)	t_0 pain intensity MPQ (%)
Nb.	F/M	Age (years)				
37	F	40	L & R Status post traumatic	Gabapentin	5	73
38	F	47	R Status post surgery	Codeine	1.5	38
39	F	45	L & R Status post surgery	Pregabalin	1.5	62
40	F	40	L Status post traumatic	Gabapentin	5	20
41	F	33	L & R Status post surgery	Oxycodons	16	72
42	F	56	R Status post surgery	Pregabalin	0.5	47
43	F	46	L Status post surgery	Clonazepam	0.5	22
44	F	61	L Status post traumatic	SCS	4.5	64
45[4]	F	45	L & R Status post traumatic	Pregabalin	1.5	34
46	*H*	*34*	*L Status post surgery*	-	15	*Not Completed*
47	F	25	L Status post traumatic	Pregabalin	0.5	31
48	F	41	R Status post surgery	-	2.5	52
49	H	45	R Status post-herpetic	Bupivacaine blockade, Topical lidocaine	2	66
50	F	16	R Fibromyalgia	Topical lidocaine, trimipramine	2	31
51	F	57	R Status post surgery	Morphine	0.5	25

F, female; M, male; L, left; R, right. *In italic: NNP excluded* (*n*=5)
SCS: Spinal Cord Stimulation
t_0, at the day of the initial testing; MPQ, McGill Pain Questionnaire

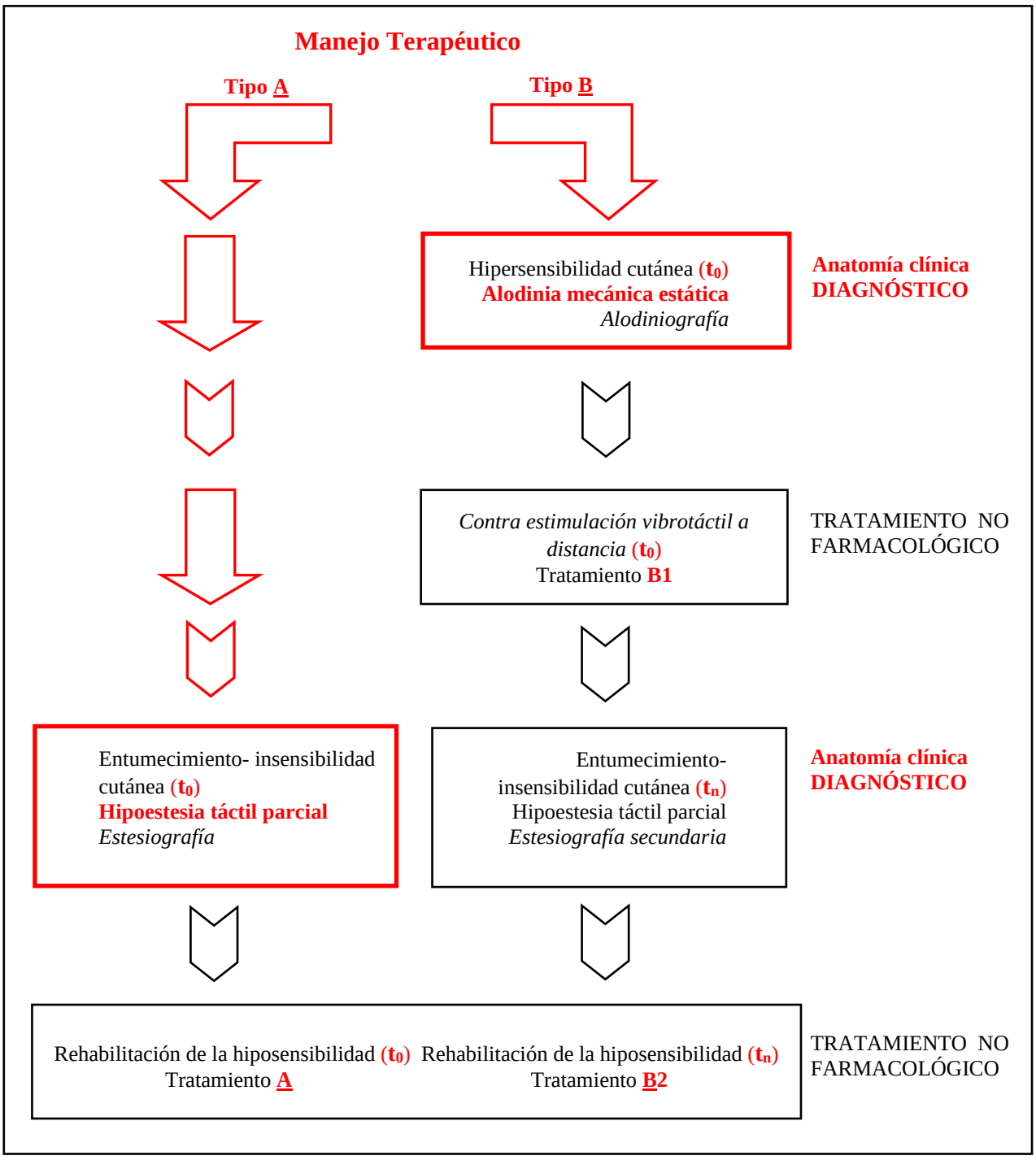
[4] Desfoux, N., Al-Khodairy, A. & Spicher, C.J. (2008). Névralgie dorso-intercostale avec allodynie mécanique: Diminution rapide de douleurs neuropathiques chroniques par rééducation sensitive. *e-News Somatosens Rehab, 5*(1), 10-32. http://www.unifr.ch/neuro/rouiller/somesthesie/enews2008/e-News%205%281%29.pdf#page=10 (16/01/02)

Patient			Diagnosis	Treatment	Pain duration (years)	t_0 pain intensity MPQ (%)
Nb.	F/M	Age (years)				
52	F	20	L Status post surgery	Pregabalin	2.5	59
53	F	46	L & R lumbo-costovertebral syndrome	Oxycodon, trimipramine	20	42
54	F	47	L Status post traumatic	Tramadol	0.5	77
55	F	73	R Status post surgery	Duloxetine	0.5	22
56	F	17	L & R Status post surgery	Pregabalin	1	75
57	H	33	R Status post traumatic	Tramadol	0.5	25
58	F	17	R Status post surgery	-	2	27
59	H	61	L & R Status post traumatic	Pregabalin	0.5	38
60	H	61	R Status post surgery	Oxycodon, trimipramine	5	45
61	H	51	L Status post-herpetic	Gabapentin	0.5	41
62	F	38	R Status post traumatic	Pregabalin	0.5	51
63	F	26	L Status post traumatic	-	1	44
64	*H*	*33*	*L Status post surgery*	*Pregabalin*	*4*	*Not Completed*
65	*F*	*58*	*R Status post surgery*	*Neurontin*	*4*	*Not Completed*
66	F	19	L Status post surgery	-	2	31
67	*F*	*22*	*L & R Paraplegia*	*Pregabalin*	*4.5*	*62*
68[5]	F	35	L Status post surgery	Pregabalin	2.5	27
69	F	44	R Cervical syndrome	-	43	69
70	F	50	R Status post surgery	Gabapentin	0.5	44
71	F	64	L Status post surgery	Carbamazepin	0.5	60

F, female; M, male; L, left; R, right. *In italic: NNP excluded* (*n*=5)
t_0, at the day of the initial testing; MPQ, McGill Pain Questionnaire

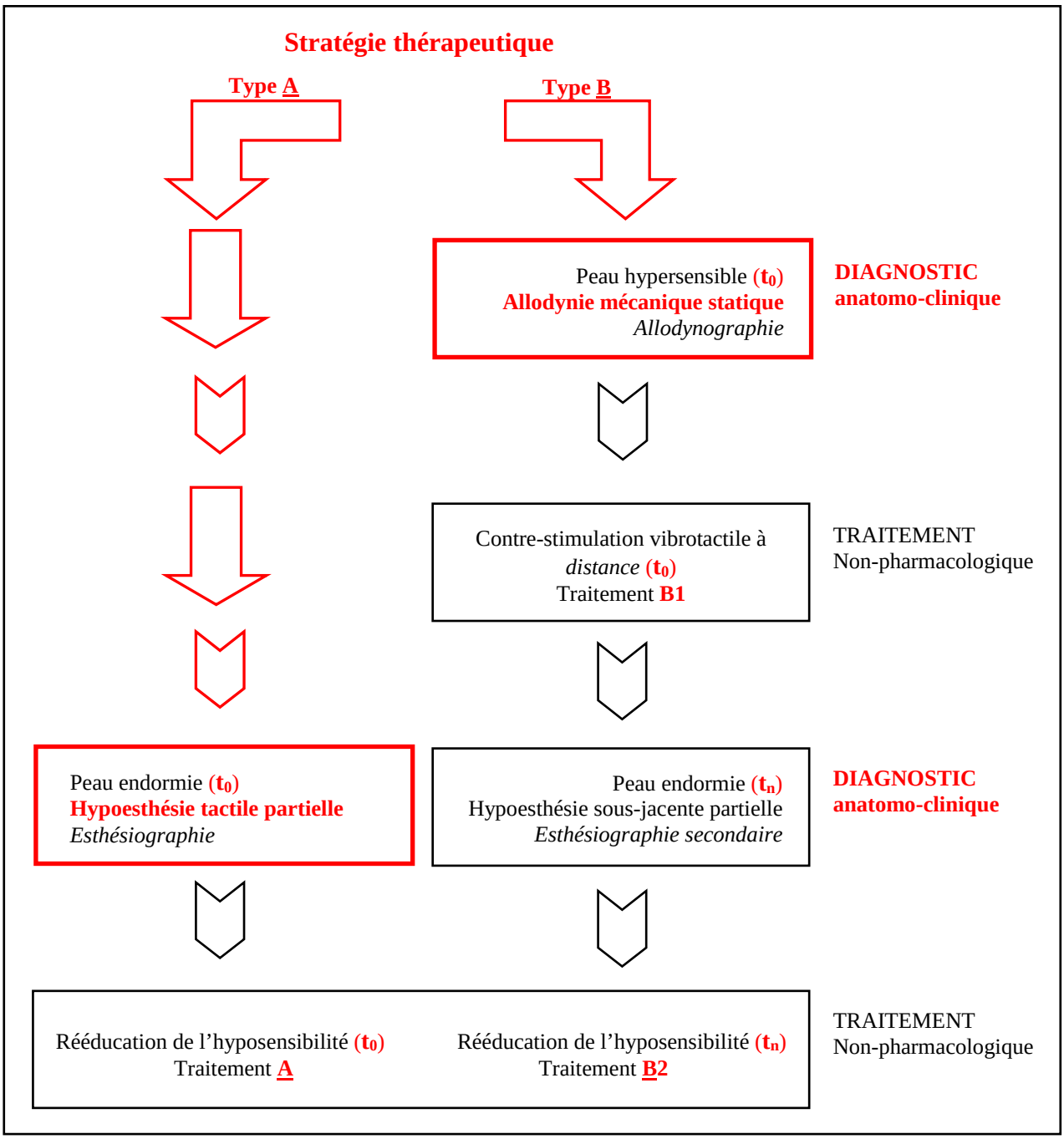
[5] Desfoux, N., Fehlmann, P., de Reynier, J.-C. & Spicher, C.J. (2009). Névralgie dorso-intercosto-brachiale incessante avec allodynie mécanique : Fait clinique d'une diminution rapide de douleurs neuropathiques chroniques par rééducation sensitive. *e-News Somatosens Rehab*, *6*(3), 105-127 : http://www.unifr.ch/neuro/rouiller/somesthesie/enews2009/e-News%206%283%29.pdf#page=18 (16/01/02).

Algoritmo para la gestión del dolor neuropático (Español)



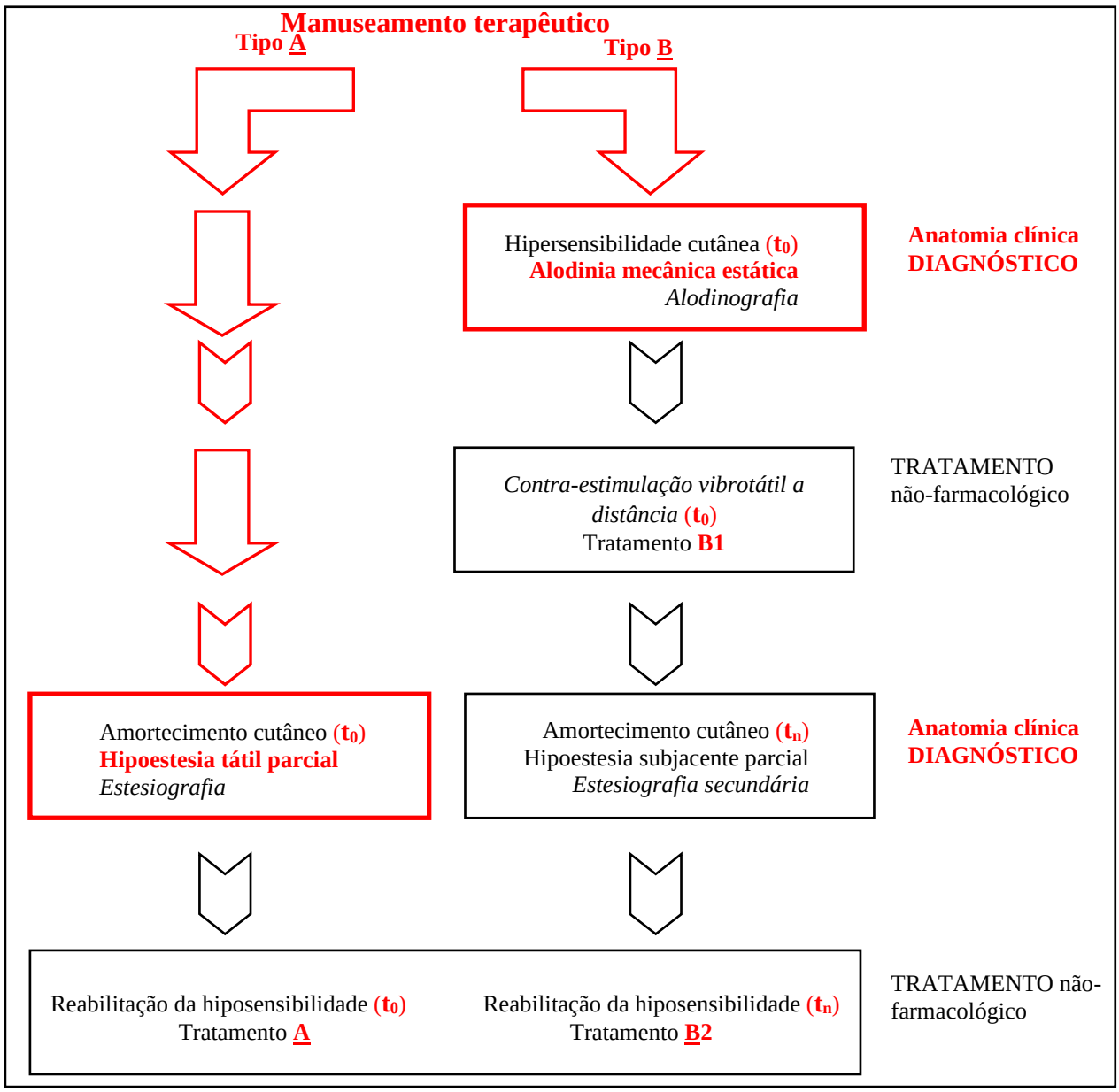
Algoritmo para la gestión del tratamiento de dolor neuropático espontáneo y/o dolor neuropático evocado por estimulación táctil. En t_0, *el manejo terapéutico de la evaluación somatosensorial* y de la rehabilitación tiene que seguir una de las dos opciones de tratamiento siguientes, o bien: Tratamiento **A**) Rehabilitación de hiposensibilidad, si una parte de la piel muestra signos de entumecimiento-insensibilidad (estesiografía) o bien: Tratamiento **B1**) *Contra estimulación vibrotáctil a distancia* (CEVD), si existe hiper-sensibilidad cutánea (alodiniografía). En t_n, cuando la alodiniografía es negativa (estesiografía secundaria) manejo terapéutico es el siguiente: Tratamiento **B2**) Rehabilitación de la hiposensibilidad (Quintal et al, 2013).

Algorithme de gestion des douleurs neuropathiques (Français)



Algorithme de gestion pour traiter les douleurs neuropathiques spontanées et/ou les douleurs neuropathiques provoquées : À t_0, la prise en charge thérapeutique de l'évaluation somatosensorielle et la rééducation est soit : Traitement **A**) Rééducation de l'hyposensibilité, si une partie de la peau est endormie (esthésiographie) ou : Traitement **B1**) Contre-Stimulation Vibrotactile à *Distance* (CSVD), si la peau est hypersensible au toucher (allodynographie). À t_n, lorsque l'allodynographie devient négative (esthésiographie secondaire), la prise en charge thérapeutique est : Traitement **B2**) Rééducation de l'hyposensibilité (Quintal et al, 2013).

Algoritmo de gestão enciamento da dor neuropática (Português)



Algoritmo de gestão para tratar a dor neuropática evocada espontaneamente e/ou dor neuropática evocada ao toque: Em **t_0**, o manuseamento terapêutico dos testes somatosensoriais e de reabilitação é: Tratamento **A**) Reabilitação da hiposensibilidade, se uma parte da pele está amortecida (estesiografia) ou: Tratamento **B1**) Contra-estimulação vibrotátil à distância (DVCS), se a pele está hipersensível (alodinografia). No **tn**, quando a alodinografia torna-se negativa (estesiografia secundária) o manejo terapêutico é: Tratamento **B2)** Reabilitação da hiposensibilidade (Quintal et al., 2013).

5 conférences principales

9 grands ateliers-débat

8 ateliers-pratique

Symposium Art-thérapie (mercredi toute la journée 18 mai)

Symposium “Diabésité” (jeudi après-midi 19 mai)

9 sessions de communications orales

1 espace outils pédagogiques

1 espace forum ...

... dans six salles en parallèle

Frais d’inscription (jusqu’au 16 mars 2016):

CHF 300.-

LU POUR VOUS
Engagement et l'adhésion du patient dans la rééducation sensitive de la douleur

Aux médecins Aux scientifiques en neurosciences
Aux patients Aux thérapeutes

Nathalie DREZET (-Munch)[6], ergothérapeute DE, RSDC®

Gay, A. (2015). Favoriser l'engagement et l'adhésion du patient dans la rééducation sensitive de la douleur en ergothérapie. Mémoire d'initiation à la recherche. Aix-Marseille Université, Faculté de médecine, Institut de Formation en Ergothérapie (IFE). Téléchargeable : http://www.neuropain.ch (25.02.2016)

Dans son mémoire de fin d'étude (initiation à la recherche), Alexandra Gay pose une question fondamentale : « Quels sont les moyens dont dispose l'ergothérapeute pour assurer l'adhésion et l'engagement du patient lors de la rééducation sensitive des douleurs neuropathiques chez les adultes ?».

Afin de valider sa question initiale et de la préciser, Alexandra Gay a réalisé une enquête préliminaire auprès de patients adultes bénéficiant de séances de rééducation sensitive de la douleur, afin de connaitre leur vécu et leur ressenti quant à la réalisation des exercices d'auto-rééducation.

Il en ressort que l'ergothérapeute a un rôle de formateur auprès du patient tout au long de sa prise en charge. La compréhension des consignes et de leur utilité semble être un point clé dans la motivation à réaliser les exercices de rééducation. Ces derniers sont ressentis globalement comme contraignants, sans pour autant compromettre leur mise en œuvre.

Mais alors « par quel moyen l'ergothérapeute peut-il favoriser la compréhension du patient pour diminuer ses douleurs neuropathiques grâce à la rééducation sensitive de la douleur ? ».
Pour tenter d'y répondre, Alexandra Gay a construit sur la base de la méthode différentielle un questionnaire qu'elle a adressé à des ergothérapeutes ayant suivi au moins un premier module en rééducation sensitive des douleurs neuropathiques. Composé de dix-neuf questions fermées, il aborde trois grands thèmes :

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- Les théories de l'apprentissage : *behaviorism* (formateur ≡ expert), constructivisme (co-construction des connaissances), socio-constructivisme (utilisation des potentialités collectives),
- les modèles de l'accompagnement : médiation (le formé est auteur de son projet), guidage (le formé est acteur de son projet), relation d'aide (le formé est agent de son projet),
- les modèles de la motivation et de l'adhésion.

Cet outil se propose de déterminer le modèle dans lequel se positionne le plus d'ergothérapeutes pour chacun des trois thèmes.

En voici les **résultats** :
19 ergothérapeutes, ayant suivi au moins un premier module en rééducation sensitive des douleurs neuropathiques, ont rempli le questionnaire. 12 ergothérapeutes sont diplômés depuis plus de 10 ans. 10 détiennent le titre de rééducateur sensitif de la douleur certifié (RSDC®).

- Théories de l'apprentissage.

Selon les critères définis par Alexandre Gay, les ergothérapeutes utilisent principalement deux méthodes : le *behaviorism* dans la gestion des besoins et le constructivisme dans le cadre du développement des connaissances et du positionnement du formé.

- Modèles de l'accompagnement

Lors des questions sur l'attitude de l'accompagnateur, la relation d'aide est le modèle le plus utilisé par les ergothérapeutes (50%) dans une démarche d'assistance et de sécurisation. Le guidage est utilisé par 39% et la médiation par 11% des ergothérapeutes. Le patient semble alterner entre le rôle d' « **agent** » et d' « **acteur** ».

- Modèles de la motivation et de l'adhésion

Tous les ergothérapeutes s'accordent à dire que la motivation occupe une place importante dans la méthode de rééducation sensitive. La compréhension des troubles apparait comme un facteur clé pour favoriser l'implication du patient et l'observance des exercices de rééducation sensitive.

Discussion :
Selon Alexandra Gay, « il apparait que les ergothérapeutes s'appuient sur les théories de l'apprentissage tout au long de la prise en charge », dont le *behaviorism* et le constructivisme.
Mais peut-on réellement qualifier l'approche pédagogique ? Est-elle la même : selon le type d'atteinte et sa sévérité ? selon le niveau de compréhension du patient ?

Le modèle behavioriste ne s'intéresse qu'à la conformité de la réponse comportementale face à une tâche. Certaines techniques, par exemple la prescription de ne pas toucher en cas

d'allodynie mécanique, requiert un transfert d'apprentissage, et donc la nécessité d'adapter et de transposer cette réponse.
Dans la gestion des besoins en savoir, l'ergothérapeute se place en expert des techniques de rééducation sensitive mais le patient, lui, est expert de sa douleur et des sensations de son corps.

Dès lors, il nous faut donc élargir notre vision en tenant compte de la dynamique du patient, en identifiant et intégrant son savoir profane dans la prise en charge, comme le décrit Alexandra Gay dans l'item consacré au développement des connaissances. Dans cette co-construction, la méthode de rééducation sensitive intègre le champ de l'éducation thérapeutique du patient.

Aphorisme saisonnier

Aux médecins
Aux patients
Aux scientifiques en neurosciences
Aux thérapeutes

"La douleur ne se voit pas sur la radiographie."

Gardner, E. (2015). Je me souviens – une vie de rencontres et de voyages. Fribourg : Editions de la Sarine.

Seasonal aphorism

To MD
To patient
To neuroscientist
To therapist

"Pain cannot be seen on an X-Ray."

Leitmotiv

Für Ärzte
Für PatientInnen
Für Neurowissenschaftler
Für TherapeutInnen

"Schmerzen sind auf den Röntgenbildern nicht ersichtlich"

Patienten Übersicht Nr. 56
„CRPS“

Für Ärzte 
Für Patienten 
Für Neurowissenschaftler 
Für Therapeuten 

Am 13. Dezember fiel mir ein Metallgegenstand längs auf die Außenseite des linken Fusses. Der aussergewöhnlich starke Schmerz flachte bald ab. Nichts war gebrochen und kein Hämatom war sichtbar. Nach ein paar Tagen hatte ich den Unfall und den Schmerz vergessen. Erst drei Wochen später begann der Fuss zu schmerzen und schwoll im Verlauf des Monats Januar an. Es war ein typischer Entzündungsschmerz, der bis im Februar unerträglich wurde.

Weil ich den Unfall vergessen hatte, liess der Hausarzt zuerst einen Ermüdungsbruch abklären. Der negative Befund, führte zur weiteren Hypothese einer Polyarthritis. Eine Cortison-Behandlung während zwei Wochen erwies sich als wirkungslos. Während dieser Zeit als der Fuss so anschwoll, dass ich keine Schuhe mehr tragen konnte die Entzündungsschmerzen unerträglich wurden, gab es während wenigen Sekunden zusätzliche Schmerzen, die genau die Unfallschmerzen vom Dezember waren. Diese Sekundenbruchteile brachten die Erinnerung an den Unfall zurück.

Während des dreiwöchigen Wartens auf den Termin beim Rheumatologen wurden die Nächte unerträglich vor Schmerz. Rheumamedikamente vermochten die Schmerzen jeweils für kurze Zeit zu lindern. Alle erdenklichen Umschläge und Salben nützten nichts.

Erst zehn Akupunktursitzungen ab anfangs März vermochten die Schwellung zu mildern. Die Schmerzen blieben jedoch nach wie vor unerträglich.

Die rheumatologische Untersuchung am 18. März und das MRI erbrachten die Hypothese eines CRPS.

Die eigenständige Anmeldung bei einem Fusszentrum und die Konsultation bei einer Fussspezialistin am 29. April erbrachte die CRPS-Diagnose. Erst danach setzte eine gezielte Ergo- und Physiotherapie ein. Während die Physiotherapie wirksam mit Lymphdrainage die Schwellung therapierte, erhielt ich ab dem Monat Mai im somatosensorischen Rehazentrum eine systematische Schmerzbehandlung. Diese Schmerztherpie erwies sich zur medikamentösen Behandlung als äusserst wirksam. Das genaue Vermessen der Schmerzregion und die sorgfältige Behandlung der Allodynie brachten eine sukzessive

Schmerzlinderung. Die genaue Information über das CRPS und hohe Transparenz der Behandlung reduzierte die Angst vor dem Schmerz und motivierte, die einfache Therapie zu Hause regelmässig durchzuführen. Die regelmässigen Messungen der Hautsensibilität und der Taubheit der Schmerzregion zeigten die Fortschritte der Therapie. Auch die Benennung der verschiedensten erfahrenen Schmerzen und die Einschätzung der Intensität wirkten ebenso motivierend, am Heilungsprozess zu arbeiten.

Nach sechs Monaten war das CRPS geheilt und die Restschmerzen sind vorübergehend und plagen nicht mehr.

Ich danke für diese hoch kompetente Therapiebehandlung. Sie hat diese unerträglichen Schmerzen zum Verschwinden gebracht. Die wissenschaftliche Vermessung der immer kleiner werdenden Schmerzregion brachte Zuversicht und Sicherheit, dass die Fortschritte anhalten. Sich wiederum normal bewegen zu können und einen schmerzfreien Schlaf zu geniessen, gibt eine unbeschreibliche Lebensqualität zurück. Es ist der 27. Oktober, zehn Monate nach dem Bagatellunfall und eine sehr lange Zeit ohne fachkompetente Behandlung mit peinigenden Schmerzen, die einem zur Verzweiflung bringen dazwischen sind vergangen. Sechs Monate der Therapie zeigten stetige Fortschritte und brachten die Hoffnung zurück.

Z. L.

At the next page, take a look at the No comment Nb 34 of this patient written by one of his somatosensory therapist of pain

No Comment Nb 34

To MD ✸✸✸ To neuroscientist ✸
To patient ✸✸ To therapist ✸✸

Létourneau, E., BSc OT, M. Rehab., Certified Somatosensory Therapist of Pain CSTP®

Mr. Z. L. is a 66 years old man sent to the Somatosensory Rehabilitation Centre **5 months** after an ankle sprain that leads to a CRPS.

	t_0	t_{142}	t_{167}	t_{171}	t_{206}	t_{233}	t_{256}	t_{277}	t_{318}
Ankle trauma									
CRPS						Ø			
Gold standard Rehabilitation									
Somatosensory rehabilitation of neuropathic pain		Duration of treatment: 176 days							
Proprioceptive vibratory stimulation									
McGill Schmerz-Fragebogen / 100 pts		**24**	ND	17	ND	10	ND	8	**6**
Rainbow Pain Scale		**VIOLET**		**None: Underlying tactile hypoaesthesia**					
Static 2-point discrimination test (mm)		Ø	**48**	ND	21	ND	ND	ND	**18**
Pressure perception threshold (g)		Ø	ND	**1.3**	ND	0.7	0.6	normalized	
Vibration perception threshold (mm)		Ø	**0.08**	ND	0.04	normalized			

Table I: *Decrease of the McGill Schmerz-Fragebogen – McGill Pain Questionnaire in German - score is correlated with disappearance of the static mechanical allodynia[7], disappearance of CRPS and with the decrease of the underlying hypoaesthesia (static two-point discrimination test, pressure perception threshold and vibration perception threshold); ND ≡ Not Determined.*

Take a look at the Patient Point of view in German Nb 56 by Mr. Z.L. at the previous page.

[7] Static mechanical allodynia of left **lateral calcaneal branches of sural nerve**

Réseau de Rééducation Sensitive de la Douleur

NeuroPain Rehab

depuis avril 2011

Présidente
Avenir du RRSD

Directeur général
Coordination du présent

Historienne
Mémoire du RRSD

Département de la méthode

Département de formation

Département de recherche

Département de la rééducation

www.neuropain.ch

Somatosensory Therapists of Pain in the World

To MD ✹✹✹ To neuroscientist ✹
To patient ✹✹✹ To therapist ✹✹✹

In 1992, the first communication about somatosensory rehabilitation of pain was done at the occasion of the 1st Congress of the swiss society for hand therapy. In 2001, this method was taught for the first time. On February 25th 2016**, 1002 therapists and medical doctors** have been trained to somatosensory rehabilitation of neuropathic pain.

●	≥ 300

●	≥ 100

•	< 100

1	France	344
2	Switzerland : French speaking	213
3	Canada : French speaking	170
4	Switzerland : German speaking	119
5	Belgium : French speaking	29
6	Switzerland : Italian speaking	19
7	Canada : English speaking	18
8	India	17
9	Réunion Island	17
10	Luxemburg	8
11	Germany	8
12	Portugal	4
13	Netherlands	4
14	Spain	4
15	Greece	3
16	Finland	3

17	Turkey	3
18	Austria	3
19	Italy	2
20	Roumania	2
21	Egypt	2
22	Denmark	2
23	South Africa	1
24	Czech Republic	1
25	Australia	1
26	Argentina	1
27	United-Kingdom	1
28	Israel	1
29	USA	1
30	Brazil	1

TOTAL 1002

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Formation continue modulaire de 8 jours, sur un, deux ou trois ans: 56 heures de cours, ~64 heures de travail personnel, puis rédaction d'un fait clinique pour l'obtention du titre de RSDC® et ainsi intégrer la communauté de pratique d'experts en rééducation sensitive des douleurs neuropathiques.

Planification 2016

Planification 2017

En projet pour 2017 - 2018

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7-8 avril 2016	**Module 1 en rééducation sensitive de la douleur: Troubles de base I & II –** La méthode de rééducation sensitive de la douleur offre une alternative pour le traitement des douleurs neuropathiques (par exemple : les complications post cure du tunnel carpien, SDRC selon les critères de Budapest, etc.) **12e promotion**
Lieu	Université de **Montréal**, Faculté de médecine, Ecole de réadaptation
Info	http://readaptation.umontreal.ca
Formatrice	Isabelle Quintal, **RSDC®**, est ergothérapeute graduée de l'Université de Montréal. Après plus de 5 ans d'expérience en clinique privée au Québec, elle a été engagée au Centre de rééducation sensitive du corps humain (Suisse). Elle travaille actuellement au Centre Professionnel d'Ergothérapie (Montréal). Son activité d'enseignante pour le RRSD l'a déjà menée à Bruxelles, Fribourg, Montpellier et Montréal. Elle enseigne dans le programme de physiothérapie de l'Ecole de réadaption de l'université de Montréal. Elle a publié des articles dans différentes revues, dont l'Encyclopédie Médico-Chirugicale (EMC). Elle est responsable du Département de la méthode du RRSD depuis sa fondation.
11–13 avril 2016	**Module 3 en rééducation sensitive de la douleur: Gestion du lien thérapeutique, Anatomie clinique II & Complications douloureuses II 12e promotion**
Lieu	Université de **Montréal**, Faculté de médecine, Ecole de réadaptation
Info	http://readaptation.umontreal.ca
Formateurs	Claude Spicher, collaborateur scientifique universitaire, rééducateur de la main re- certifié SSRM, ergothérapeute & Marc Zaffran (alias Martin Winckler)

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6-9 juin 2016	**NOUVEAU 2e PARTIE à Paris**
J5, J6, J7 & J8	**Analyse de pratiques**, **Anatomie clinique I & II, Gestion du lien thérapeutique 13e promotion** **Equivalence accordée pour un Module 2**
Lieu	ANFE, 13e arrondissement, **Paris**, France
Info	www.anfe.fr / sfc.secretariat@anfe.fr
Formateur	Claude Spicher, collaborateur scientifique universitaire, rééducateur de la main re-certifié SSRM, ergothérapeute

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24-28 October 2016	**13th IFSSH & 10th IFSHT Congresses**
Place	Buenos Aires (Argentina)
Info	www.ifssh-ifsht2016.com/home/index.php

16-18 novembre 2016	**RSDC® Rééducatrice Sensitive de la Douleur Certifiée**
J6, J7 & J8	**Module 3** : **Gestion du lien thérapeutique, Anatomie clinique II & Complications douloureuses II 14e promotion**
Lieu	Hôtel Erasme, **Bruxelles**
Info	www.anfe.fr / sfc.secretariat@anfe.fr www.neuropain.ch/fr/enseignement/calendrier/ info@neuropain.ch
Formateur	Claude Spicher, collaborateur scientifique universitaire, rééducateur de la main re-certifié SSRM, ergothérapeute

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Claude Spicher, ergothérapeute, rééducateur de la main re-certifié SSRM, collaborateur scientifique universitaire en neurophysiologie

Lieu : Enseignement Permanent de l'Ergothérapie, Montpellier, France

Info : http://www.ergotherapiemontpellier.com/formation.html

Spicher, C., Quintal, I. & Vittaz, M. (**2015**). *Rééducation sensitive des douleurs neuropathiques* (**3e édition**) – Préface : S. Marchand. Montpellier, Paris : Sauramps Médical, 387 pages.

Spicher, C., **Buchet**, N. & Sprumont, P. (**2017**). *Atlas des territoires cutanés du corps humain : Esthésiologie de 240 branches* (**3e édition**) – Montpellier, Paris : Sauramps Médical, 100 pages.

NOUVEAU

29 mai - 1 juin 2017*	**2e PARTIE à Paris**
J5, J6, J7 & J8	**Analyse de pratiques**, **Anatomie clinique I & II, Gestion du lien thérapeutique 13e promotion** **Equivalence accordée pour un Module 2**
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Info	www.anfe.fr / sfc.secretariat@anfe.fr

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International Standard Serial Number (ISSN): 1664-445X

Peer-reviewed since 2012

Published: 4 times per year since 2004
Deadline: 10th February, 10th May, 10th August, 10th November
Price: Free
Sponsor: Somatosensory Rehabilitation of Pain Network, Switzerland, Europe.

21 languages: Français, English, Deutsch, Español, Português, Русский, Italiano, Lingala, Shqipe, Srpski i Hrvatski, Corse, Česky, Svenska, Türkçe, Suomea, Ελληνικά, Nederlands, hindi, עברית, عربية, 文言

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