

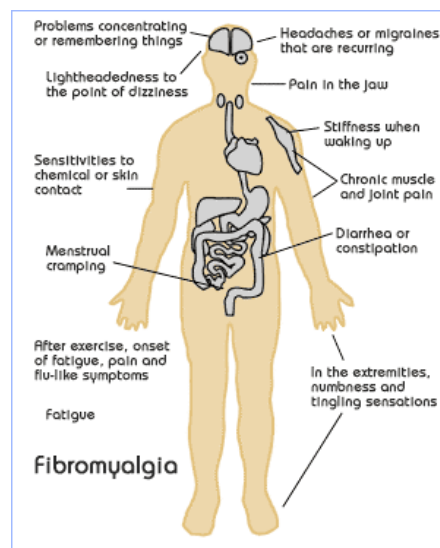
FIBROMYALGIA

WHAT IS FIBROMYALGIA?

Fibromyalgia is a painful condition which affects the soft tissue structures of the body (muscles, fascia, ligaments, tendons), and affects all 4 quadrants of the body. Fibromyalgia can last for many years, and it comes and goes in cycles of relapse and remission.

WHAT ARE THE SYMPTOMS OF THIS CONDITION?

- aches and pains at specific tender points all over the body
- stiffness in affected areas
- pain on palpation of affected areas
- fatigue
- sleeping difficulties
- emotional reactions to the condition
- depression



WHAT CAN I DO TO HELP MY CONDITION?

The long-term goal with Fibromyalgia is self management. You can achieve this addressing the following:

Avoid multiple physical treatments - it is best to stick to one modality of physical treatment for this condition, such as Osteopathy. Keep treatments light and at appropriately spaced intervals, to achieve the maximum benefit from them.

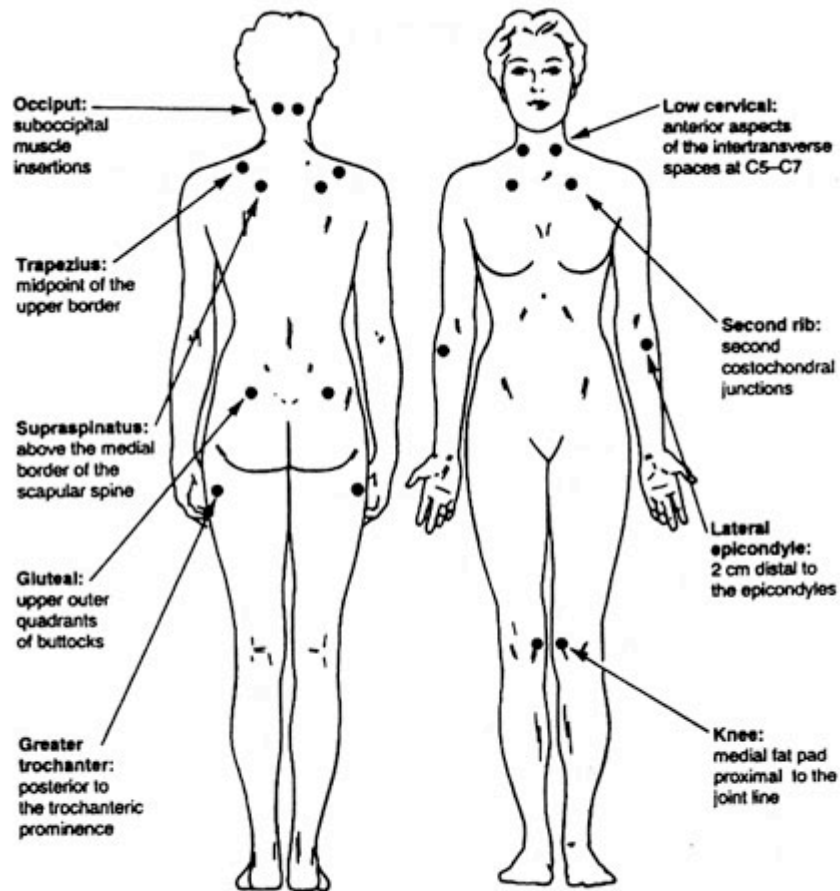
Avoid aggravating factors - Fibromyalgia tends to be aggravated by things like stress, fatigue, overwork, excessive activity, and exposure to damp and cold conditions, so it is important to avoid these situations where possible.

Use heat on the affected areas – heat packs, hot showers or baths, and heat compresses are great for providing symptomatic relief.

Try a relaxation program – relaxation techniques and yoga can be very helpful in reducing stress, improving sleeping patterns, and helping with symptomatic relief.

Rehabilitation exercise program – exercise has proven to be very helpful in the treatment of this condition. Ask your Osteopath to prescribe you an exercise programme to aid your recovery. Exercises such as walking, swimming and cycling are a great way to achieve symptomatic relief.

Medications – there is no specific medication that is used in the treatment of Fibromyalgia. However, some people find relief for some of their symptoms with certain medications. Speak to your doctor about whether they think medication is appropriate for you.



Fibromyalgia Tender Points

General locations of the 18 tender points that make up the criteria for identifying fibromyalgia.