



**Therapy
Achievements, LLC**
The Rehab Specialists

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Fibromyalgia

What is Fibromyalgia?

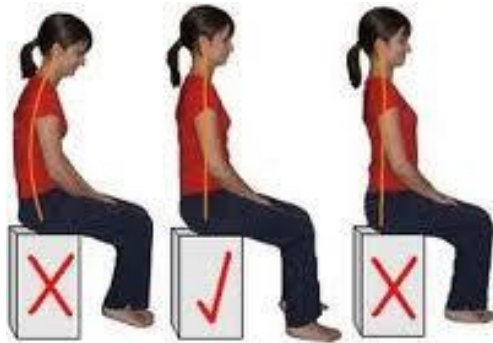
- Fibromyalgia is characterized by widespread musculoskeletal pain, fatigue, sleep, memory and mood issues.
- It is believed the brain processes pain signals in a way that amplifies painful sensations.
- Affects women more than men

What causes the pressure?

- Physical trauma
- Emotional trauma
- Genetics
- Females are more at risk.
- Infections

Symptoms and signs:

- Constant, dull ache
- Fatigue and sleep disturbances
- Additional pain occurs with applied pressure to tender points:
 - Back of head
 - Between shoulder blades
 - Top of shoulders
 - Front sides of neck
 - Upper chest
 - Outer elbows
 - Upper hips



Therapeutic Treatment

Pain Management

- Deep tissue massage
- Relaxation Exercises
- Thermal modalities to reduce muscle tension

Stretching and Strengthening Exercises

- Low-impact aerobic conditioning
- Pain relief specific exercises
- Improve function through muscle flexibility

Pacing, Posture, and Body Mechanics Training

- Self management skills to relieve symptoms of pain and stiffness in everyday life.
- Training in how to sit, stand, and move to allow efficient muscle function.
- Training in how to make sensible decision about daily activities that will prevent painful flare-ups