



Fibromyalgia (Fibro)

Definition

Fibromyalgia is a syndrome, represented by a collection of symptoms without an identifiable cause. Primary symptoms include muscle pain, point tenderness, and fatigue. According to the Mayo Clinic, “fibromyalgia amplifies painful sensations by affecting the way your brain processes pain signals”, in a sense the “volume” is turned up too high on your pain receptors.

Possible Causes

- Physical Stress: Injury, arthritis, spine problems, surgery, infection, ect.
- Emotional Stress: Persistent situations or stressful event
- Developed over time with no specific trigger

Symptoms

- Muscle Pain and Point Tenderness
- Fatigue
- Sleep Problems
- Depression & Anxiety
- Memory and Thinking Difficulty
- Tension Headaches, Migraines or TMJ
- Irritable Bowel Syndrome (IBS)

Treatments (non-medication)

- Regular Exercise
- Regular Sleep Patterns
- Relaxation

The Benefits of Exercise

- It is often said that exercise is good for you, and most people probably wouldn't disagree with that. But do you understand the specific ways it affects our bodies and how it can help YOU? Check out my detailed list of positive benefits of exercise.

My Approach to Exercise and Fibromyalgia

- **Evaluation and Specialized Program Design.** After an in depth evaluation of your current condition and ability I will design an individualized program.
- **Posture and Stability.** Having the ability to maintain proper body alignment is vital to a fibro patient. It's the foundation we will build on for the best long-term results. Posture also affects the amount of oxygen taken in throughout the day, directly affecting the health of all body tissue.
- **Fatigue – Don't Push It.** With fibro it is vital to avoid over taxing the already fatigued muscle tissue. Our program must start at a low intensity, progressing slowly to avoid major flare-ups, allow for plenty of rest between sets, and finish by stretching major muscle groups.
- **Prioritize.** Due to the limitations of fibro it is important to spend your time wisely to get the greatest gains from your effort. The focus will be on large muscle groups that have the greatest impact on activities of daily living, and moving through a full range of motion in each working joint.
- **Consistency.** Look at exercise as a medication; if you don't follow the prescription you won't get the desired results.