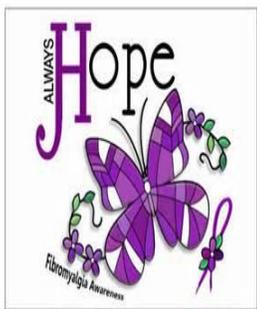




Fibromyalgia: What you need to know

E mail: patt999@hotmail.com

Address: c/o The Physiotherapy Department, Eric Williams Medical Sciences Complex



What do you need to know?

WHAT IS FIBROMYALGIA?

Fibromyalgia (FM) is a complex disorder that is often characterized by pain at multiple areas throughout the body, chronic fatigue, and certain degrees of depression, sleeping difficulties, headaches and anxiety.

WHO & WHY:

This disorder affects women more than men. There is no known cause and there is no one particular test to diagnose the condition. Some studies are showing that an acute illness or trauma can 'trigger' FM. A doctor knowledgeable in FM, and who has ruled out other sources of symptoms can then diagnose the condition. To rule out other conditions, your doctor may still perform bloods and other tests.

WHERE DOES IT HURT?

FM can cause widespread pain that occurs throughout the body. There tends to be associated 'tender' points in at least 11 to 18 areas. This pain can be present for at least 3 months. The pain can be stabbing, burning or throbbing in nature.

TREATMENTS

Treatment for fibromyalgia is multifaceted and may require a number of therapies such as medication, psychotherapy, stress management and of course **physiotherapy**.

Healing hands of Physiotherapists...

Physiotherapy can help by relieving pain, which will allow you to function and sleep better. Physiotherapy will also help you relieve stress and muscle fatigue through prescription of stretching, strengthening and endurance type exercises to suit you! **Some** of what we can do for you is listed below:

- *Pain management may include the use of modalities like heat, ice, ultrasound, electrical stimulation, taping, biofeedback*
- *Exercises designed to strengthen weak muscles, stretch and relax tight ones*
- *Relaxation techniques such as biofeedback, breathing and imagery exercises.*
- *Manual techniques such as myofascial and trigger point releases*

Do you have fibromyalgia?

Your treatment should include physiotherapy. See a registered physio today!

Check

www.physiotherapytt.org for a PT near you!

Notes