

## **FIBROMALGIA... WHAT TO DO?**

Fibromalgia – one of the hardest and most frustrating dysfunctions to treat. Patients suffer from chronic pain that often flairs up at unexpected times and is very debilitating. McMeen Physical Therapy can help! >>

During an acute exacerbation of fibromalgia soft tissue treatment techniques such as myofascial release, massage, manual trigger point release, and soft tissue mobilizations are highly effective in controlling and alleviating a patients symptoms. Use of modalities such as moist heat, ultra sound and interferential electrical stimulation are also very successful.

A low impact, regular exercise program is essential for the long term management of fibromalgia. Exercises will focus on gentle flexibility, strengthening, core stabilization, and cardiovascular activities.

Patient education and empowerment is critical for long term treatment of fibromalgia. Both static and dynamic postural considerations are very important as is good sleep patterns and proper nutrition.



*"Your Movement Rehabilitation Specialists"*

## **CONTACT US FOR MORE INFORMATION**

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