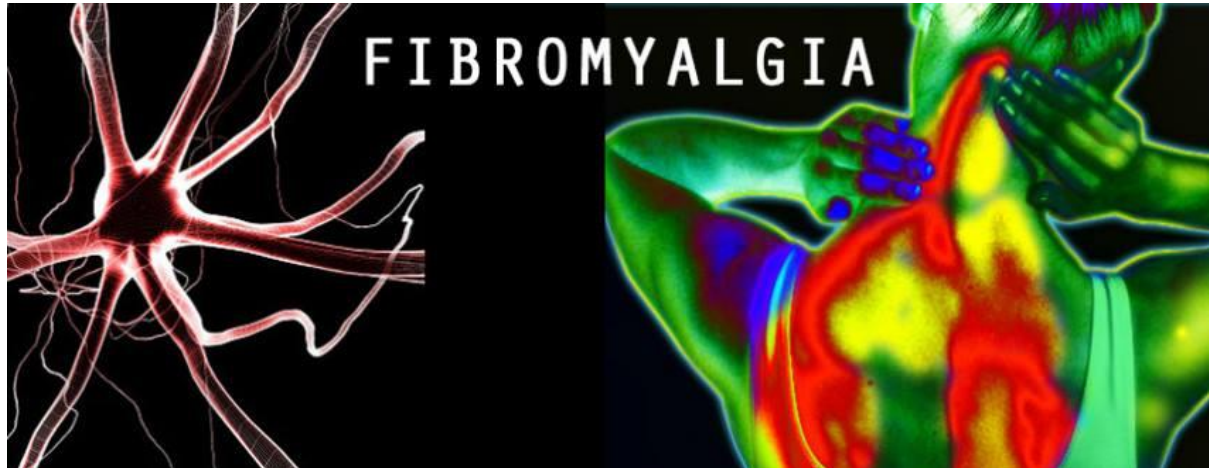
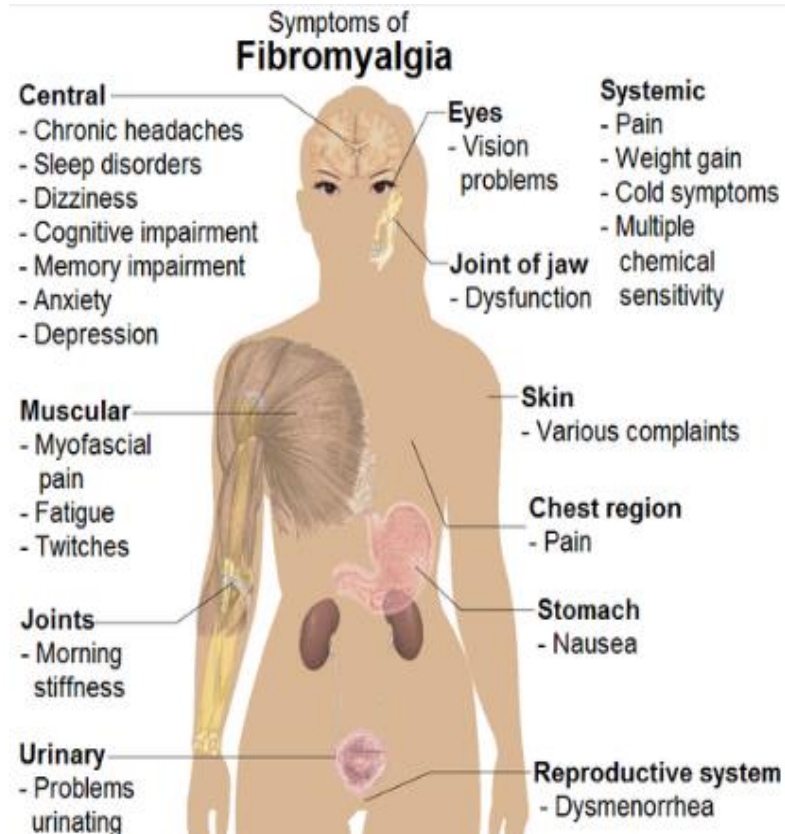


# Managing Fibromyalgia

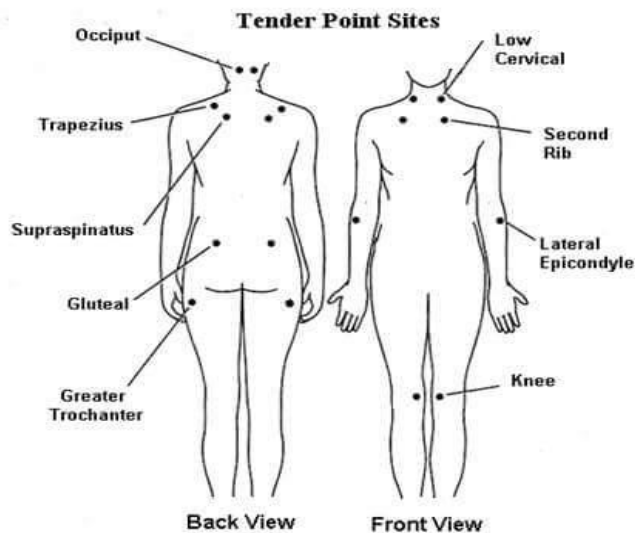
## Massage Therapy as a Beneficial Tool



Fibromyalgia (FM) also known as fibrositis or fibromyositis is associated with widespread chronic pain, fatigue, memory problems and mood changes. The exact cause of fibromyalgia is still unclear. Pain may be characterized as shooting, burning or a deep, unrelenting ache. Soft tissue around joints may develop tender points. Pain can improve during the daytime and worsen at night, although for some people the pain remains all day. It occurs more often in women than in men, and is not a disease, but rather a syndrome that can be managed.



Although there is no cure for this painful syndrome, pain can be managed—and massage for fibromyalgia patients is one way to practice pain management. Massage techniques encourage circulation in the muscles, which increases the flow of nutrients and eliminates waste products. This is particularly beneficial for those with fibromyalgia as it can reduce heart rate, relax muscles, and improve range of motion in joints stimulating the release of endorphins, of the body's natural painkillers.



One of the forms of massage treatment is trigger point therapy. Trigger points are painful spots located in bands of muscle fibers, and people with fibromyalgia generally have more of them than people without the condition. Trigger point therapy involves deactivating trigger points using finger pressure. In fibromyalgia, sometimes the muscle can become extremely short and tense, resulting in pain. Myofascial release

therapy uses stretching techniques to relieve this pain. The therapist first locates an area of tightness on your body. The therapist gradually stretches this area, holds the stretch, and then allows the fascia to relax. The process is repeated until the fascia is completely relaxed. Because fibromyalgia causes pain and makes your body extremely sensitive to touch, open lines of communication are vital when it comes to how much pressure your muscles can endure during your session.

Taking part in a long-term exercise has also been found to be effective in reducing fibromyalgia symptoms. It prevents muscle wasting and restores the body's neurochemical balance that boosts the levels of pain-fighting chemicals called endorphins. It also triggers a positive emotional state and reduces stress.

### **Benefits include:**

- Increased blood circulation to the muscles, allowing for faster muscle repair
- Increased flexibility
- Increased range of motion
- Decreased stress and depression
- Reduced pain
- Reduced stiffness
- Improved sleep patterns

## Foods to INCLUDE and EXCLUDE in Fibromyalgia

While no magic food will prevent every patient's **fibromyalgia** flare-ups, a few dietary improvements can make a world of difference and may alleviate even the most daunting symptoms. "With fibromyalgia, one of the most important things is to improve your overall health and well-being," says Lynne Matallana, founder and President of the National Fibromyalgia Association.

\*Managing pain for Fibromyalgia can be tricky. Start tracking your flare ups with a food journal. This will assist you in determining which foods and / or additives to avoid

**FIGHT FIBROMYALGIA WITH YOUR DIET**

FOODS TO AVOID	
1	FOODS THAT ARE HIGH IN REFINED OR PROCESSED SUGARS
2	"FAKE" SUGAR LIKE ASPARTAME (AKA NUTRISWEET)
3	SODAS (REGULAR AND DIET)
4	PRESERVATIVES
5	FOODS THAT ARE HIGH IN FAT OR FRIED
6	FOODS HIGH IS MSG OR NITRATES
7	FOR SOME PATIENTS, FOODS THAT CONTAIN GLUTEN.

FOODS TO INCLUDE:	
8	LEAN MEATS (LIKE CHICKEN, TURKEY OR FISH)
9	ORGANIC FRUITS & GREEN LEAFY VEGETABLES
10	FOODS HIGH IN ANTIOXIDANTS
11	FOODS RICH WITH OMEGA-3 (EX. FISH & WALNUTS) OR OMEGA-3 SUPPLEMENTS

[HTTP://CBPHYSICALTHERAPY.COM/PRACTICAL-CHANGES-TO-FIGHT-FIBROMYALGIA-WITH-YOUR-DIET/](http://cbphysicaltherapy.com/practical-changes-to-fight-fibromyalgia-with-your-diet/)



***\*Fibromyalgia is not easy to treat as there is no definitive cure. People with fibromyalgia often have very stiff joints because of the constant muscle spasms associated with the condition. The main goal of treatment is to relieve symptoms. Healing is a process, and talking to your therapist and sharing all your fibromyalgia symptoms can help the therapist best design a safe and secure treatment plan for you.***