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Physical Therapy

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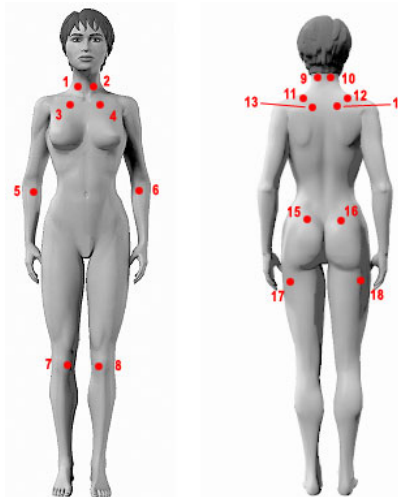
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### Fibromyalgia Facts

Fibromyalgia is one of the most common diseases affecting the muscles, tendons, and joints in women. However, many health care professionals still do not recognize the condition as a disorder, most likely, because x-rays, blood tests, and biopsies often show no evidence to support the patient's complaints – this can be a frustrating problem for many people. The tender points used for diagnostic purposes are shown on the diagram. Studies indicate that fibromyalgia patients have decreased blood flow and decreased skin temperatures in sites of tenderness. Symptoms include;

1. long-term muscle soreness,
2. muscle stiffness,
3. sleeplessness,
4. fatigue,
5. mood changes,
6. anxiety and depression.

Often times the condition is worsened by stress and weather changes. Unlike other rheumatic conditions that cause swelling and inflammation of the tissues in the body, fibromyalgia does not cause any type of joint deformity or does not damage any internal organs.



Patients that suffer with fibromyalgia often have other conditions or disorders that will occur. These may include;

1. TMJ, a disorder associated with the jaw,
2. Chronic Fatigue Syndrome,
3. migraine or tension headaches,
4. irritable bowel and bladder syndromes,
5. loss in memory and concentration,
6. Fibrocystic Breast Disease and Endometriosis.



Causes of fibromyalgia are unknown. Most women are diagnosed with this condition between the ages of 40 to 55, and approximately 85%-90% of all reported Fibromyalgia conditions are women. Research suggests that there may be a correlation between Fibromyalgia and menopause and hormonal changes.

Treatment requires a well rounded approach specific to the individuals needs. Physical Therapy typically includes education on pain control, relaxation and other self help remedies, modalities for pain control, manual therapy to address tender points and soft tissue restrictions and a progressive but gentle exercise program.

The information on this page is provided to you from Performance Physical Therapy. It is not intended to replace any information/treatment provided to you by your health care provider. Please feel free to check with your Physical Therapist if you have any questions about the information provided on this page.

We are here to help you reach your Peak Performance!

Ph: 401-726-7100 or 401-435-4540

6 Convenient Rhode Island Locations

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