



Proactive Physio

Fibromyalgia

Fibromyalgia is the term used to describe widespread pain and discomfort throughout the body. It tends to affect the muscles and tendons surrounding various joints – however not the joints themselves. The symptoms are predominantly pain which has continued for more than 3 months.

Unfortunately the current research regarding Fibromyalgia is limited and there are no clinical tests e.g. scans, blood tests or x-rays, which can confirm this diagnosis. Usually this condition has been diagnosed by a specialist - Rheumatologist.

Symptoms of fibromyalgia include:

- Widespread aches and pains particularly necks and backs
- Stiffness
- Poor sleeping
- Feeling depressed
- Highly irritable
- Fatigue and low energy levels
- Irritable bowels

There is no cure for fibromyalgia, however the symptoms can be controlled and managed, Physiotherapy plays a key role in this process. Proactive Physiotherapy offers a 6-week programme which can facilitate you in managing your condition.

Session	Duration	Programme
Session 1	1 hour	Detailed Assessment Education and Activity modulation/pacing
Session 2	30 mins	Relaxation and Acupuncture if appropriate (To control pain & facilitate sleep)
Session 3	30 mins	Relaxation and Acupuncture if appropriate (To control pain & facilitate sleep)
Session 3	30 min	Core Stability (Setting spinal neutral)
Session 4	30 mins	Core Stability (Cervical spine and Pelvis)
Session 5	30 mins	Advance core stability and gentle cardiovascular exercise (Add peripheral components – Shoulder and Knees)
Session 6	30 mins	Advance Core Stability and cardiovascular programme (Self Management)

For further information or to book an appointment :

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