

JERSEY CENTRAL

PHYSICAL THERAPY FITNESS

Physical Therapy and Fibromyalgia

Fibromyalgia is a chronic condition that affects millions of people. It causes wide spread pain, tenderness and stiffness leaving you tired and exhausted. Fibromyalgia is difficult to diagnose because there is no specific test for it. It is typically diagnosed by ruling out other diseases. It is more common in women. Some symptoms of fibromyalgia include:
Several "tender points" in the neck, trunk, arms and legs

Poor sleeping patterns

Fatigue due to lack of deep sleep

Mental and/or emotional disturbances

Headaches, dizziness, tingling, and abdominal pain.



The symptoms vary depending on what you eat, the weather, your stress, physical activity or even the time of day. Although it's not a progressive condition, it can lead to other conditions such as depression, sleep deprivation, restless leg syndrome, irritable bowel syndrome (IBS), fatigue, rheumatoid arthritis and osteoarthritis. These problems can also interfere with the ability to function in your personal and professional life.

Why Does It Hurt?

It is believed that people with fibromyalgia have a serotonin problem decreasing the threshold for pain. This means that the brain's pain receptors become more sensitive to pain signals.

What Puts You At Risk?

- **Gender.** Women are more at risk than men.
- **Age.** Over 80% of those diagnosed are between 35 and 55 years of age.
- **Poor sleep patterns.** Sleeping difficulties are common.
- **Sleep disorders.** Muscle spasms in the legs, restless legs syndrome, or sleep apnea.
- **Family history.** If a family member has this condition, your risk for developing it is greater.
- **Rheumatic disease.** If you have a rheumatic disease, you may be more likely to develop fibromyalgia.

What We Can Do For You?

Physical therapy is critical in the management of fibromyalgia.

Although there is no known cure for fibromyalgia, physical therapy has been shown to help ease symptoms of pain, fatigue and stiffness. The most effective approach includes a combination of:

- Patient education
- Stress management
- Consistent sleep patterns
- Exercise regularly



If you think you have fibromyalgia or have already been diagnosed, we can help. Please give us a call to see how you can control your symptoms and return to the activities you enjoy.

PLEASE CONTACT US FOR MORE INFORMATION:

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