



Fibromyalgia

Dr. Tiffany Hodges, PT, DPT, OMPT, CLT



Fibromyalgia

- Musculoskeletal disorder: may appear after physical trauma, surgery, infection, significant psychological stress or for no apparent reason
- Women>Men (often undiagnosed and misdiagnosed)
- Possible genetic component
- Increased rate of hospitalization, depression, suicide, other rheumatic conditions
- OA, RA, MS, lupus, EBV, PTSD, ankylosing spondylitis, lymphedema/lipidema, obesity, middle aged

Symptoms

- Widespread musculoskeletal pain and stiffness
- Fatigue, sleep, memory issues (Fibro Fog)
- May have tension headaches/migraines, TMJD, tinnitus, anxiety, depression, painful periods, IC
- Digestive problems (bloating, pain, constipation, IBS, GERD)
- Tingling and numbness in hands/feet, RLS, Raynaud's
- Dry eyes/mouth, skin sensitivity, rashes, dizziness, vision problems
- Decreased function, frustration leads to mood disorders

What is happening?

- Multisystem fascial strain which accumulates over time, additive of all injuries/stress
- Brain becomes sensitized, causing over reaction to pain from nerves and musculoskeletal tissue
- Pain causes more psychological stress and decreases ability to exercise or function, which leads to weakness, tightness and more pain

How can PT help?

- Standard PT: Gentle Aerobic exercise, strengthening, stretching, breathing and relaxation techniques
- What I have found in the clinic: Severe fibromyalgia symptoms vs misdiagnosis
- Reduce pain with manual therapy: Fascial techniques such as CST, Visceral mob, SCS, MFR, Dry needling, while adding gentle exercise to the patient's tolerance.
- Once the system is less tight and aggravated, it is easier to regain strength and return to normal function.

Alternative Therapies

- Physical Therapy, Pelvic Rehab, Visceral Mobilization, Strain Counterstrain, Acupuncture, Dry Needling, DO or Chiropractic manipulation, Aquatic Therapy, Craniosacral, Massage, Myofascial Release, Biotouch, Tai Chi, Qi Gong, Exercise, Electrical Stimulation, Yoga (caution if hypermobile), CBT, Somatoemotional Release, Breathing Techniques, Aromatherapy, Meditation, Healthy diet, Self care and Lifestyle changes

Questions?

- Feel free to contact me on Facebook or at sabaidee.physicaltherapy@gmail.com with any questions regarding Fibromyalgia