



**Move Forward.**<sup>TM</sup>  
Physical Therapy Brings Motion to Life

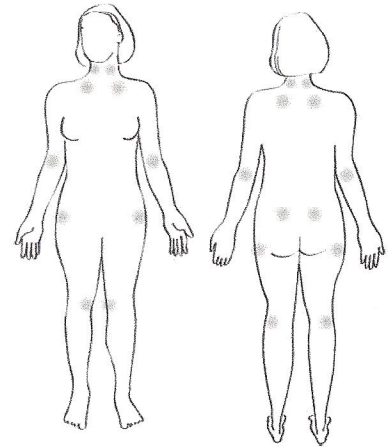
## Physical Therapy and Fibromyalgia

Fibromyalgia is a chronic pain condition characterized most commonly by widespread musculoskeletal pain, fatigue and tender points in joints, muscles, tendons, and other soft tissues.

Tender points may be located in the neck, shoulders, back, hips, arms, and legs and are painful when pressure is applied to the specific point.

People with fibromyalgia may also have other symptoms, such as\*:

- Difficulty sleeping
- Morning stiffness
- Headaches
- Painful menstrual periods
- Tingling or numbness in hands and feet
- Problems with thinking and memory (sometimes called "fibro fog")
- History of depression and anxiety



## Diagnosis

The cause of fibromyalgia is unknown but is thought to be due to changes in how the nervous system processes pain. A diagnosis of fibromyalgia includes a history of widespread pain for at least 3 months and abnormal tenderness in 11 of 18 tender points in combination with one or more of the symptoms listed above. Before a diagnosis of fibromyalgia is made, it is important to have a thorough physical examination to rule out other diseases which may cause similar symptoms.

Fibromyalgia affects an estimated 5 million people in the United States, and is much more common in women than men, affecting adults ages 30 to 50. People with certain rheumatic diseases, such as rheumatoid arthritis, systemic lupus erythematosus (commonly called lupus), or ankylosing spondylitis (spinal arthritis) may be more likely to have fibromyalgia.

*more...*



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