

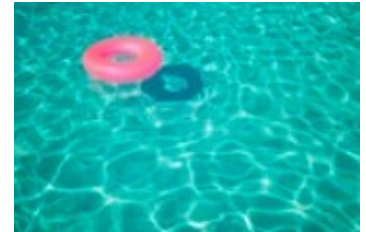
About Fibro Fact Sheets

Information on Fibromyalgia Syndrome Fact Sheet 7

How Is Fibro Treated?

Complementary Therapies.

Warm water therapy, with or without exercise, is the complementary therapy with the most scientific evidence behind it for the treatment of Fibro²³. It can include swimming, aqua aerobics, pool walking or just floating in warm water. If a local swimming pool is not warm enough, then a hydrotherapy centre may be more suitable. If a suitable pool is unavailable, then warm baths can be beneficial.



Myofascial release therapy can be an effective treatment for Myofascial Pain Syndrome and Myofascial Trigger Points. Myofascial Pain is often experienced by Fibro patients and it can require a different kind of treatment than the Fibro itself. Myofascial Pain Syndrome can cause many symptoms similar to Fibro, including pain, stiffness, headaches, nausea and tingling sensations, so the treatment of this condition if it is present can relieve a Fibro patients' symptoms significantly. There are various forms of Myofascial Release therapy and although many physiotherapists, massage therapists and even osteopaths will perform some kind of Myofascial Release, a specialist practitioner will know how to do it with the most effectiveness and least amount of discomfort.



Nutritional or herbal supplements are often promoted to people with Fibro. There is limited research evidence for their use, but some people find them helpful. It is worth using a few common-sense rules when considering supplements. Always check with your doctor(s) and pharmacist before starting something new - supplements can have side effects just like medications do and some supplements can interact with medications, food or other conditions. Make sure that supplements are helping and that you are not wasting your money - start supplements one at a time so that you can tell which one helps and which one gives you side effects and if you think a supplement may be helping, try coming off it to check - you may just be having a good month anyway. Beware of anything that says it can cure Fibro - it is likely a scam.

Other complementary therapies that some Fibro patients find helpful include:

- the **application of heat and/or cold**,
- various forms of **massage**,
- **acupuncture** or **acupressure**,
- **yoga**,
- **relaxation techniques**,
- **breathing techniques**,
- **biofeedback**,
- **aromatherapy**,
- **cognitive therapy** and
- **osteopathic or chiropractic manipulation**.



References available online at: <http://www.fibroaction.org/Pages/About-Fibro-References.aspx>