

# Fibromyalgia: Management Through Massage

## **What Is Fibromyalgia?**

Fibromyalgia is associated with widespread chronic pain, fatigue, memory problems, and mood changes. It occurs more often in women than in men, and is not a disease, but rather a syndrome that can be managed. Fortunately, fibromyalgia is not life threatening and does not lead to muscle or joint damage.

## **Benefits Of Massage Therapy**

Massage therapy is one of the oldest methods of healthcare still in practice. At Effective Chiropractic, our licensed massage therapist concentrates on improving blood circulation in the muscles, which increases the flow of nutrients and eliminates waste products. This is particularly beneficial for those with fibromyalgia as it can reduce your heart rate, relax your muscles, improve range of motion in your joints, and increase production of your body's natural painkillers.

## **What Techniques Will Be Used?**

Effective Chiropractic's licensed massage therapist integrates a variety of techniques into her work. Depending on your sensitivity levels and tender points, our therapist may utilize reflexology or Swedish massage, or certain methods that address your specific requests and needs.

## **Sleep Better, Feel Better**

One of the main symptoms of fibromyalgia is waking up tired, even if it seems you've received plenty of sleep. After a therapeutic massage, you're likely to feel more relaxed and get a better night's sleep. Deep sleep is truly important to managing fibromyalgia as it is during this time that the restorative process occurs. So not only will a therapeutic massage help you wake more refreshed, but you may also experience less pain during the day.

## **But Won't It Hurt?**

Because fibromyalgia causes pain and makes your body extremely sensitive to touch, we do not recommend you undergo any deep tissue massage. In addition, open lines of communication are vital when it comes to how much pressure your muscles can endure during your session. Our licensed massage therapist is familiar with the gentle touch required for treating fibromyalgia, but needs you to be vocal to ensure a soothing, therapeutic massage every time. If you ever have questions, please consult one of our chiropractic doctors before beginning any therapy.

## **Relief Through Therapy**

Studies show that low-impact exercise programs give people with fibromyalgia relief by raising the levels of natural chemicals in the body that reduce pain and fatigue. You may be reluctant to exercise if you are already tired and in pain, but there are several options now available to you. At Effective Chiropractic, not only can you enjoy a gentle, therapeutic massage, but we also

offer massages that utilize stretching and relaxation. You should begin slowly, but with ongoing help from our chiropractic doctors and therapist, you can find continual relief.

### **What Are The Benefits Of Regular Massage?**

Here's the beauty of massage: Not only does each session feel great, but the therapeutic benefits are compounded when massage is utilized as a frequent therapy. The more you go, the healthier you feel.

Sources include:

The Arthritis Foundation®

Mayo Foundation for Medical Education and Research®

The Touch Institute of the University of Miami School of Medicine