CLINICAL MANIFESTATIONS OF FIBROMYALGIA

MUSCULOSKELETAL SYMPTOMS
DIFFUSE ACHES AND PAINS
DIFFUSE STIFFNESS
SUBJECTIVE SOFT TISSUE SWELLING
SELF-PALPATED TENDER SPOTS

NONMUSCULOSKELETAL SYMPTOMS

FATIGUE
NONRESTORATIVE SLEEP PATTERN
IRRITABLE BOWEL SYMPTOMS
MUSCLE CONTRACTION (LESION) HEADACHES
PAINFUL MENSTRUATION
ANXIETY / STRESS
PARESTHESIAS

PHYSICAL EXAMINATION

TENDER POINTS AT SPECIFIC SITES

CUTANEOUS HYPEREMIA AT SITES OF TENDER-POINT PALPAITON

SKIN ROLL TENDERNESS

DIFFUSE SOFT TISSUE SWELLING (commonly in hands)

ABDOMINAL TENDERNESS
(related to irritable bowel syndrome)
DISORDERS THAT PRODUCE SIMILAR SYMPTOMS TO FIBROMYALGIA SYNDROME

- SLEEP DISTURBANCES
- IRRITABLE BOWEL SYNDROME
- GENERALIZED FATIGUE
- CHRONIC HEADACHE
- TINGLING OR NUMBING SENSATIONS
- SWELLING OF THE JOINTS
- PSYCHOLOGICAL AND NEUROLOGICAL COMPLIANTS
- SYMPTOMS VARYING IN INTENSITY WITH ACTIVITY STRESS OR CHANGES IN WEATHER
- VARIOUS FORMS OF HYPOTHYROIDISM
- SERATONIN DEFICIENCY
- NECK AND/OR CRANIAL JOINT PROBLEMS
- POST-TRAUMATIC STRESS SYNDROME
- DISC LESIONS
- INTESTINAL DYSBIOSIS
- HYPOGLYCEMIA
- MULTIPLE SCLEROSIS
- ANEMIA
- RHEUMATOID ARTHRITIS
- LYME’S DISEASE
- SYSTEMIC TOXICITY
- HEAVY METAL LOAD
- ENZYME ABNORMALITIES
CONSERVATIVE TREATMENT FOR FIBROMYALGIA SYNDROME

1. EXERCISE

2. MASSAGE THERAPY

3. CHIROPRACTIC
   A. IMPROVES MOTION
   B. RELAXES MUSCLES
   C. DECREASES PAIN → 3 WAYS!
      (Nerves-spinal cord-brain)
      * Study… 1/3 symptoms gone, 1/3 better
      (Fitzgerald M.D. …J. of manual medicine ‘91)
   D. HELPS THE DISC
   E. IMPROVES MICRO CIRCULATION

4. ACUPUNCTURE
NUTRITIONAL SUPPORT FOR FIBROMYALGIA SYNDROME

- VITAMIN B6
- ZINC
- VITAMIN
- 5 HTP
- MULTI-VITAMIN
- MELATONIN
- DHEA
- ANTI-OXIDANTS
- MALIC ACID
- SUPER 1A
- MAGNESIUM
  * AVOID ALUMINUM
NUTRITIONAL PROTOCOL FOR FIBROMYALGIA SYNDROME

(In order of importance)

1. DETOXIFICATION? YEAST?

2. MAGNESIUM
   MALIC ACID
   MAGANESE
   VITAMIN B1 – THIAMIN
   VITAMIN B6 – PYRIDOXINE

3. QUALITY MULTI-VITAMIN / MINERAL SUPPLEMENT

4. HERBAL SUPPORT
   A. PASSION FLOWER
   B. VALERIAN ROOT
   C. KAVA KAVA
   D. HOPS EXTRACT

5. THYROID SUPPORT?

6. 5-HTP, SUPER 1A

7. DHEA

8. INCREASE FIBER
   - PSYLLIUM
   - PERDIAM
   - FLAX SEED (BEST!)

9. REPLACING INTESTINAL BACTERIA

10. AVOID ANTIBIOTICS IN FOOD
EXERCISE PROTOCOLS

1ST - STRETCHING
     - BREATHING
     - POSTURE

PLAN #1 (Physiotherapy J. ’98)

WALKING - 5 MIN/DAY

STRETCH - BEFORE AND AFTER EXERCISE

HOME EXERCISE - 5 TO 15 MINUTES
     - INCREASE 1-2 MIN/WEEK
     - MAX 30 MINUTES/SESSION
     - 50 TO 60% MR

TYPES OF EXERCISE
     - WALKING
     - STATIONARY BIKE / OUTDOOR BIKE
     - REBOUNDER
     - SWIMMING
     - MARCHING

AFTER 4 WEEKS, PROGRESS TO LIGHT WEIGHTS