

CLINICAL MANIFESTATIONS OF FIBROMYALGIA

MUSCULOSKELETAL SYMPTOMS

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

NONMUSCULOSKELTAL 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 COMPLAINTS
- 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
MANGANESE
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