

PHYSIOTHERAPY AND FIBROMYALGIA

Jesús Guodemar Pérez. Physiotherapy degree. Degree in human nutrition and dietetics. Professor in general physiotherapy practices.

University Alfonso X "El Sabio".

Membre of the Comité de Redacción del Ilustre Colegio de Fisioterapeutas of Madrid.

Fibromyalgia is a chronic illness of an ideopathical origin, characterized by the sensation of pain in different body areas and a general feeling of tiredness. Nowadays in Spain between 400.000 and 1.200.000 persons suffer from phybromialgia, most of them women between 30 and 60 years old.

It is not an exclusively female illness. It also affects men although in a lesser degree. The most commonly accepted hypothesis regarding its appearance is based on relatively low levels of serotonin, a substance involved in the regulation of pain. Experts don't believe this decrease in the serotonin level to be the main factor in the appearance of the disease, but they do consider it to be the main cause of the aggravation of the symptoms.

The main symptom is a generalized feeling of pain that affects a large part of the body, as well a continuous feeling of tiredness. Tingling members, rigid articulations and sleeping problems are other of the symptoms the patients describe.

In most cases fibromyalgia is diagnosed through the exlusion of other types of pathologies. X-rays as well as analyses show normal results and in order to come to a diagnosis the patient must present 11 painfull pressure points, of a typical topography. It is very important the patient as well as his family understand this is a real illness, because sometimes, after the pilgrimage from specialist to specialist, the family members start putting in doubt the reality of the patient's sufferings. Another key factor in the development of fibromyalgia is the excessive preoccupation with every day life's little problems. This is why the patient and his family are suggested to change their mentality, to assume life's difficulties and to enjoy the small things in life. Obesity, on the other hand, can cause an overcharge of the muscular-tendinous sytem which will absolutely not help the patient's recovery.

Physiotherapy plays an important role in this illness. Treatment is performed when the pathology surfaces. The techniques to be employed are masotherapy (superficially and slowly), thermotherapy (solar lamps and infrared lamps) and hydrotherapy (high pressure showers with hot water in the painful areas). One should not forget criogenic stretching exercises can be very efficient in some patients.

Nevertheless, the best treatment we can offer a fibromyalgia patient is comprehensiveness, since they automatically respond in a positive way when they feel someone is interested in their recovery. This empathy that is so essential to do our job in professional way is a lot cheaper than any modern treatment but is unfortunately often forgotten.

For further information:

www.saludhoy.com

www.fibromialgia.net

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