

Physiotherapy for Fibromyalgia - A Perspective

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Received: July 28, 2021; **Published:** August 30, 2021

If you deal with the aches and pains of fibromyalgia, the thought of beginning an exercise program may make you cringe. These symptoms aren't apparent, and there aren't any tests that can measure them, despite the fact that you're experiencing them.

However, in the long run, it can be extremely beneficial. Consider the following: Many fibromyalgia sufferers have found that physical therapy has helped them become more active while still managing their pain.

Physical therapy for pain relief

Physical therapists can assist you in managing your fibromyalgia pain by boosting your flexibility and muscular strength through a consistent exercise programme. Options include:

- **Stretching:** By increasing flexibility through stretching, tight, stiff muscles loosen up, providing fibromyalgia relief. Your physical therapist can show you how to stretch your muscles, tendons, and ligaments properly. According to the National Pain Foundation, the number of repetitions should be kept to a minimum - 5 to 10. For major muscular groups, holding a stretch for 30 to 60 seconds is beneficial, with only one to two reps required.
- **Aqua therapy:** Swimming and other water exercises are beneficial to people with fibromyalgia. A heated pool may be particularly effective because the heat can help to relieve muscle pain.
- **Transcutaneous electrical nerve stimulation (TENS):** Stimulates nerve fibers and can decrease fibromyalgia pain. TENS helps:
 - Block pain signals to the spinal cord
 - Release the body's own natural pain-killing chemicals
 - For healing and relaxation, improve local circulation and gently constrict muscles
- Therapeutic exercise:
 - You might want to avoid exercising because of how you're feeling. However, it is one of the most effective treatments for fibromyalgia.
 - When you're too weary to exercise, your muscles become weaker and you become more fatigued. Regular exercise reduces weariness over time. Consistency, rather than intensity, can have a stronger influence.
 - It's also possible that exercise triggers a beneficial chain reaction that improves brain function. There is a relationship between physical ability and mental capacity, according to studies. Physically capable people frequently do better in areas such as attention and decision-making.
 - Start out at an easy pace. Consult a physical therapist to determine the best starter programme for you, and then modify it as you gain strength. This is especially beneficial if you are afraid of exercising.

- For some people, strength exercise helps them regain muscle, which helps with pain and exhaustion. To begin, use resistance bands or a modest weight.
- Movement is quite gentle. Yoga, tai chi, and qi gong are all good for getting you moving, but yoga has the best effect on weariness.
- After you start to feel better, overdoing exercise or hobbies can make you feel even worse. Once you've gotten used to the workout, you should notice a decrease in pain on a daily basis.

Volume 12 Issue 9 September 2021

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