

Fibromyalgia and Chronic Fatigue

History

- Has the fibromyalgia been diagnosed by a Physician
- What method of diagnosis was used
- Were specific tender points palpated throughout the body
- What other symptoms are experienced
- Has the client received massage since the diagnosis
- If so how did she respond to the massage
- Was post treatment soreness experienced
- Is the client taking any medication for pain, depression or sleep
- What is the clients activity level

Visual Assessment

- Antalgic postures are often present
- Hyperkyphosis with head forward posture
- Imbalance in the anterior tilt of the pelvis
- Apical or paradoxical breathing patterns may be observed

Specific tests

- AF ROM in affected areas
- AR strength testing in affected areas
- 11 of the 18 tender points which must include the control area

Informed Consent

Treatment

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Homecare and Hydro

- Warm or hot hydro, such as Epsom salt baths, whirlpools and heating pads, may offer temporary relief
- Essential oils such as chamomile, lavender, marjoram or rosemary have analgesic and relaxation properties.
- Self massage to the abdomen with an oil with essential oils .
- Referral to a naturopath
- Relaxation strategies such as diaphragmatic breathing, meditation, Tai Chi and yoga may be helpful
- Referral to a fibromyalgia association
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