



LAKELAND CHIROPRACTIC

▪ LIFETIME FAMILY WELLNESS ▪

Chiropractic Care for Fibromyalgia

Fibromyalgia syndrome (FMS) is a challenging chronic pain disorder that imparts a great deal of disability, cost and comorbidities upon those that suffer from it. Based upon the *Job Analysis of Chiropractic*, fibromyalgia is commonly seen in chiropractic practice.

Although there are accepted diagnostic criteria, the care focuses on symptomatic relief rather than cure. The care options are varied and include medications, cognitive therapy, exercise, nutrition, chiropractic, physical therapies and other interventions.

A 2009 systematic review of chiropractic management of fibromyalgia concluded that "Several non-pharmacologic treatments and manual-type therapies have acceptable evidentiary support in the treatment of FMS."

A recent theoretical paper from the Department of Medicine, Oregon Health & Science University noted that in fibromyalgia "inflammation of the fascia is similar to that described in conditions such as plantar fasciitis and lateral epicondylitis, and may be better described as a dysfunctional healing response.

This may explain why NSAIDs and oral steroids have not been found effective in fibromyalgia. Inflammation and dysfunction of the fascia may lead to central sensitization in fibromyalgia. If this hypothesis is confirmed, it could significantly expand treatment options to include manual therapies directed at the fascia such as Rolwing and myofascial release, and direct further research on the peripheral pathology in fibromyalgia to the fascia."

Chiropractic currently plays a significant role in managing fibromyalgia. If future research provides evidence supporting this hypothesis, the role of chiropractic could be greatly increased.

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**** Who do you know that could benefit from Chiropractic Care? ****

SHARE WITH FRIENDS, FAMILY, AND CO-WORKERS

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