



Indiana Physical Therapy is dedicated to providing quality therapy to our patients in a timely and cost effective manner. We promise to provide prompt and courteous service, ongoing health education, expertise, and rehabilitative services with real results at each of our clinics.

INDIANA PHYSICAL THERAPY

FIBROMYALGIA



CALL TO SCHEDULE AT ANY OF OUR LOCATIONS THROUGHOUT INDIANA:

FORT WAYNE AREA: (260) 209-2464

INDY AREA: (317) 449-2333

MICHIANA: (574) 931-2802

OPEN 7AM-7PM

ACCEPTS ALL INSURANCES

GUARANTEED APPTS WITHIN 24 HOURS



**INDIANA
PHYSICAL THERAPY**

Where people go to get better

WWW.INDIANAPT.COM

WHAT IS FIBROMYALGIA

Fibromyalgia is a condition characterized by widespread pain, present for at least three months, and 11-18 specific points on the body. It affects 2-6% of the population, women four times more than men, and is most common in women aged 50 and older.

Symptoms of fibromyalgia may include pain, stiffness, difficulty sleeping, numbness in muscles and joints, and poor memory and concentration.

Depression, irritable bowel, dry eyes, sensitivity to cold, and chronic fatigue are sometimes documented in patients with fibromyalgia.

CAUSES

The exact cause is unknown, but factors which have been associated with fibromyalgia include accidents, injuries, surgery, infections, emotional trauma, and stress.

CONSEQUENCES OF FIBROMYALGIA

- Decreased activity in order to avoid pain, resulting in muscle atrophy.
- Reduced sleep secondary to pain, resulting in increased fatigue during the day and less energy to perform normal activities.
- Less ability to perform normal activities may lead to stress, anxiety, and possibly depression.

TREATMENT OF FIBROMYALGIA

- Medications to improve sleep and diminish pain, as prescribed by your physician.
- Aerobic exercise to improve cardiovascular endurance.
- Gentle strength training to prevent muscle atrophy and stretching to maintain flexibility.
- Relaxation techniques and other methods to reduce stress and anxiety and to improve sleep.
- Education to help understand and manage the pain associated with fibromyalgia.

PHYSICAL THERAPY FOR FIBROMYALGIA

At IPT, patients will receive an individualized physical therapy assessment and a progressive therapeutic exercise program emphasizing gentle stretching, strengthening, and cardiovascular components. Extensive education on stress reduction techniques, improving sleep habits, living with pain, ergonomics, and pacing will also be addressed.

Whatever your diagnosis, our staff has a wealth of industry experience and knowledge to help get you through. If you are down due to pain, it's time to come see us!

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