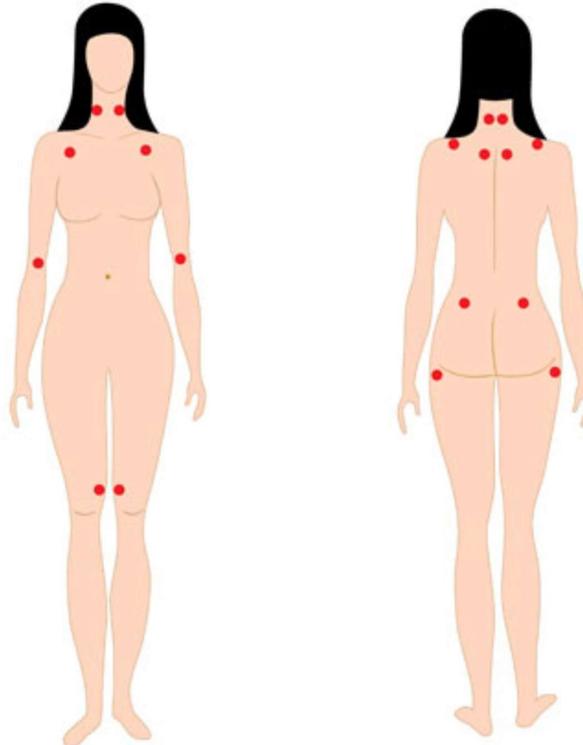


Fibromyalgia

Description:

Fibromyalgia is a condition that affects approximately ten million Americans in which a person has extreme flu-like symptoms with joint pain, muscle aches and fatigue. MRI's reveal that people with Fibromyalgia process pain at a much higher level than average. It is often misdiagnosed due to the general scope of symptoms, and was not recognized by the American Medical Association (AMA) as a valid disease until 1987. Some health professionals still question whether it is a valid medical condition. To date, the only diagnostic test is the map of 18 tender points created in 1990 by the American College of Rheumatology (Guthrie, 2010). If a patient is sensitive to 11 of the 18 points, they likely have Fibromyalgia.

Tender Points of Fibromyalgia



(Medhi, 2017)

The exact cause of Fibromyalgia is unknown, although they suspect a genetic predisposition as well as stress. It occurs most often in women, especially if they were abused as a child. Other illnesses make a person more prone to experiencing Fibromyalgia. Lack of exercise, anxiety or depression also contribute to having the disease.

Symptoms:

- Chronic muscle aches and joint pain
- Intense Fatigue
- Tender points in your body
- Low pain threshold
- Insomnia
- Problems w/ concentration AKA “FibroFog”
- Worried, nervous

Benefits	Precautions
Yoga poses stretches the muscles easing aches and cramps.	Start slow and gentle according to client’s capability and pain level. Have them listen to their body, and not force poses.
Helps reduce stress which in turn reduces fibromyalgia.	First few sessions might only include Meditation and Pranayama (breathing exercises).
Meditation and Pranayama (breathing exercise) helps bring focus to the mind helping to reduce “FibroFog”.	Avoid over-doing which will only exacerbate symptoms as well as discourage client.
Stretching and Strengthening poses help increase range of motion (ROM).	It’s best to do only 15-20 minutes per day than longer sessions 2-3 times per week. Daily practice is essential for progress.
Yoga brings more physical, emotional and spiritual awareness to enable a person to discover what might trigger a Fibromyalgia attack.	Avoid fast-paced Vinyasa flows that don’t allow time to make sure client is in good alignment.

Mini Flow:

- Lying on back (in bed or on mat) w/ feet at edges of mat and knees knocked together, one hand on tummy and the other over heart. Draw attention to breath/pranayama.
- Legs Up the Wall pose (away from wall) – circle wrists and ankles
- Hug knees to chest and rock side to side
- Reclining Eagle Pose
- Rock lengthways on mat (still tucked), and rock up to seated

- Seated spinal circles
- Gentle neck stretches – arm reaching around back
- Cat/Cows
- Child’s pose – slink up to Gentle Baby Cobra
- Downdog
- Full Forward Fold – Rag Doll
- Modified Sun A flow
- Legs Up the Wall – against the wall with meditation

References:

Guthrie, C. (Feb. 3, 2010) *Yoga for Fibromyalgia & Chronic Pain*, Retrieved from: <https://www.yogajournal.com/lifestyle/pain-reliever>

Sexton, S. (2018) *The Art of Surrender: Yoga & Fibromyalgia*, Retrieved from: <https://yogainternational.com/article/view/the-art-of-surrender-yoga-fibromyalgia>

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