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## Three Rs of Managing the Pain of Fibromyalgia



**F**ibromyalgia is a **chronic condition**, leaving those who suffer from it struggling with muscle, tendon and ligament pain, as well as fatigue and tenderness throughout the body, where even gentle pressure triggers discomfort. Fortunately, physical therapy exercises can help manage the pain of this debilitating condition.

Part of the role of physical therapy is not only to help you cope with fibromyalgia but also to empower you to take an active part in your treatment. Even though you may take medication to alleviate pain, we focus on a whole-body solution by supporting you in the three Rs of pain management.

- **Reduce daily pain and stiffness**
- **Relieve deep muscle pain**
- **Restore range of motion, flexibility and strength**

Another important benefit of physical therapy is access to a broad range of safe, effective resources. Your treatment may include **deep tissue massage, low-impact aerobic conditioning, hydrotherapy, nerve stimulation** and **exercises you can perform at home**.

We can offer you a number of different approaches through a custom fibromyalgia-specific treatment program that suits your unique lifestyle and needs. We will also monitor your progress and provide practical advice as needed to keep you on track with your fibromyalgia management. If any changes to your condition occur, we can fine-tune your program to ensure that it complements any medications you may be taking. A successful program will equip you with the tools to experience an independent and healthy life as free of pain as possible.