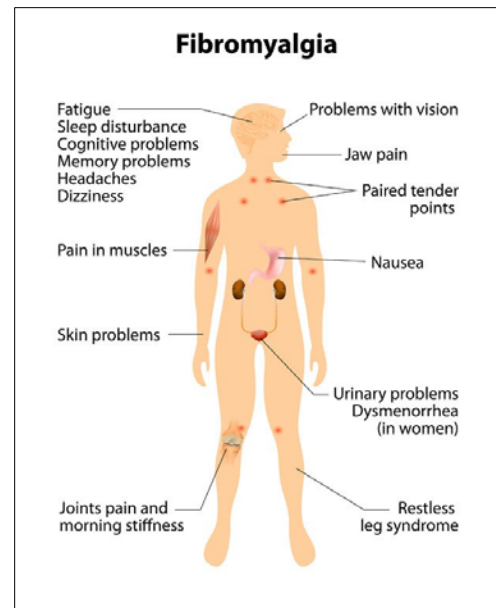


CONDITIONS WE TREAT – FIBROMYALGIA & CHRONIC FATIGUE SYNDROME

FIBROMYALGIA and CHRONIC FATIGUE SYNDROME

If you are one of the many that suffer with painful muscular areas in the torso or extremities or simply feel that you are chronically tired and unable to function at your best capacity, you may be suffering from the condition classified by many as a mysterious and not well understood medical problem termed fibromyalgia and/or chronic fatigue syndrome. Commonly affected are symmetrical areas of the head, neck, shoulders, back and similar points in the buttocks, legs, hips, knees, elbows and/or calves. In fact, multiple sites of pain involving more than 3 quadrants of the body for a period of 6 months or longer is considered to be the indicator of this poorly understood condition. What is known about fibromyalgia/chronic fatigue syndrome is minimal, although many studies have been performed, no specific underlying condition or factor has been found; no virus or other causative agents to clearly connect with this disorder. However, fatigue, aching and tender muscles are frequent complaints. Others include poor sleep, depression, lethargy, malaise and gastrointestinal symptoms.



In my experience, certain common key findings are seen among fibromyalgia sufferers and I have been somewhat successful in the treatment of patients with the disorder as outlined below. One finds that in fibromyalgia and chronic fatigue syndrome, the vast majority of sufferers are women. As a group they tend to have very poor posture and muscular conditioning. Very often physical stressors and abnormalities of posture abound: flat feet, pronation or inturning of the ankles, bowing or knocked knees, pelvic obliquity or twisting of the pelvis or torso, scoliosis, humped or rounded back, a tilted or slumped posture or other physical findings of a body working out of its normal synchrony and balance. Muscular strength and the capacity to do physical work is poor. These symptoms seem to come crashing down and exacerbate greatly from day to day. Mental confusion is associated and one may continually walk around in a funk or fatigued haze.

When we begin to correct postural faults in fibromyalgia and fatigue syndrome patients they usually improve significantly. Providing tailored rehabilitational exercises to strengthen and improve postural stresses, soothing therapies of massage, to relax and restore muscular function, vitamin and herbal supplementation's to enhance and stimulate the system, coupled with spinal manipulation and other modalities of therapy including mild aerobic and water exercise classes, have been extremely beneficial in returning fibromyalgia and chronic fatigue sufferers to a more normal functional capacity as well. If you would like to speak to Dr. Hargis concerning your difficulties in this area, he would happy to sit down and discuss these conditions and his possible treatments with you.