

Fibromyalgia Symptoms Checklist

- Head
- To
- Toe(s)



Fibromyalgia and Homoeopathy

Dr. Rajneesh Kumar Sharma MD (Homoeopathy)
Dr. Swati Vishnoi BHMS
Dr. Preetika Lakhera BHMS

Fibromyalgia and Homoeopathy

© Dr. Rajneesh Kumar Sharma M.D. (Homoeopathy)
Dr. Swati Vishnoi B.H.M.S.
Dr. Preetika Lakhera B.H.M.S.
Homoeo Cure & Research Institute
NH 74, Moradabad Road, Kashipur (Uttaranchal) INDIA
Pin- 244713 Ph. 05947- 260327, 9897618594
E. mail- drrajneeshhom@hotmail.com
www.treatmenthomeopathy.com
www.homeopathyworldcommunity.com

Contents

| | |
|--|---|
| Definition..... | 2 |
| Etymology | 2 |
| Epidemiology | 2 |
| Causes..... | 2 |
| Hormonal imbalance | 2 |
| Stress..... | 2 |
| Trauma | 2 |
| Insomnia or Sleep Disorders | 2 |
| Depression..... | 2 |
| Pathophysiology | 2 |
| Symptoms | 4 |
| Mental disturbances | 4 |
| Decreased pain threshold or tender points..... | 4 |
| Incapacitating fatigue..... | 4 |
| Widespread pain | 4 |
| Trouble sleeping | 4 |
| Irritable bowel syndrome | 4 |
| Neurological Symptoms | 4 |
| Diagnosis..... | 4 |
| Differential diagnosis..... | 6 |
| Treatment..... | 6 |
| Life Style Modifications | 6 |
| Stress Management | 6 |
| Exercise..... | 6 |
| Alternative Therapies | 6 |
| Homoeopathic Treatment | 6 |
| Bibliography..... | 8 |

Definition

Fibromyalgia is a chronic disorder characterized by widespread pain (Psora), tenderness (Psora/ Syphilis), and stiffness of muscles and associated connective tissue structures (Psora/ Sycosis) that is typically accompanied by fatigue (Psora), headache (Psora/ Syphilis/ Sycosis), and sleep disturbances (Psora/ Sycosis).

Fibromyalgia is not a life-threatening, deforming, or progressive disease and mostly affects muscles, ligaments, tendons and other soft fibers in the body and as a consequence, the patient feels the pain in the muscle joint areas of the body, such as the neck, shoulder, elbow and hand (Psora/ Sycosis/ Syphilis).

Etymology

Fibromyalgia syndrome, FMS, Fibromyositis

Epidemiology

Women are ten times more affected than men and often between ages 25 and 60.

Causes

Hormonal imbalance

Fibromyalgia may be caused by biochemical changes in the body and may be related to hormonal changes or menopause. In addition, some people with fibromyalgia have low levels of human growth hormone (Psora/ Syphilis), which may contribute to the muscle pain.

Stress

Stress or poor physical habituation are factors in the cause of fibromyalgia (Causa occasionalis/ Psora).

Trauma

The muscle microtrauma may lead to an ongoing cycle of pain and fatigue (Psora/Syphilis).

Insomnia or Sleep Disorders

Most people with fibromyalgia experience insomnia or non-restorative sleep (Psora). Disordered sleep might lead to lower levels of serotonin (Psora/ Syphilis), which results in increased pain sensitivity (Psora/ Syphilis), possibly simulating fibromyalgia.

Depression

The fibromyalgia may accompany low-grade depression (Psora/Syphilis) as there may be a link between the two illnesses. Chronic pain can cause anxiety (Psora) and depression (Psora/ Syphilis), worsening fibromyalgia symptoms.

Pathophysiology

The decreased levels of serotonin lead to lowered pain thresholds or an increased sensitivity to pain (Psora/ Syphilis). Serotonin is linked with a soothing, anxiety-reducing reaction.

The lowered pain thresholds in fibromyalgia patients may be caused by the reduced effectiveness of the body's natural endorphin painkillers and the increased presence of a bio substance, called Substance P. Substance P amplifies pain signals (Psora/ Sycosis).

Fibromyalgia may be due to sudden trauma to the brain and spinal cord (Causa occasionalis/ Psora).

Typical changes in sleep-pattern and neuroendocrine transmitters such as serotonin, substance P, growth hormone and cortisol regulate the autonomic and neuro-endocrine system. Fibromyalgia may be due to their disturbances (Psora/ Sycosis/ Syphilis).

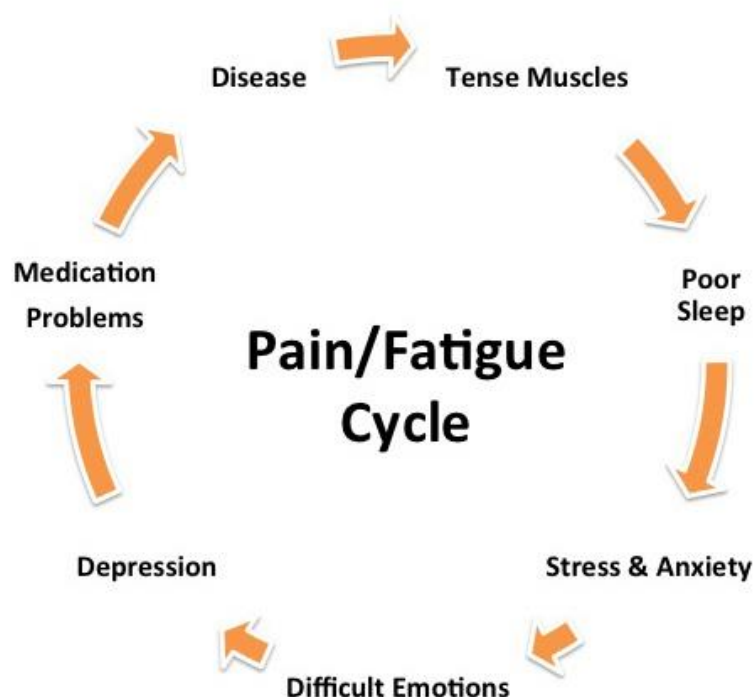
The most common concomitants of fibromyalgia are anxiety and depression. Chronic pain may be due to abnormal pain processing caused by numerous interplaying reactions like-

- Central sensitization (Psora/ Syphilis)
- Blunting of inhibitory pain pathways (Psora/ Syphilis)
- Alterations in neurotransmitters (Psora)

These disturbances lead to unusual neuro-chemical processing of sensory signals in the CNS (Psora), and in turn, lower the threshold of pain and amplify the normal sensory signals causing constant pain (Psora).

Fibromyalgia is frequently associated with mood disorders (Psora). This advocates a major role of stress response and neuroendocrine abnormalities.

The hypothalamic pituitary axis is a critical component of the stress-adaptation response. In fibromyalgia syndrome, stress adaptation response is upset and leads to stress-induced symptoms (Psora).



Symptoms

Mental disturbances

- Anxiety or depression, even suicide (Psora/ Syphilis)
- Widespread pain for more than 3 months (Psora/ Syphilis/ Sycosis)
- Mood change (Psora)
- Difficulty concentrating- fibro fog (Psora/ Syphilis)

Decreased pain threshold or tender points

- Tenderness in the neck, shoulder, knee, elbow, or upper buttocks or thigh areas (Psora)

Incapacitating fatigue

- Fatigue that interferes with work and daily activities (Psora)

Widespread pain

- Long lasting morning stiffness (Psora/ Sycosis)
- Muscles feel overworked or pulled (Psora)

Trouble sleeping

- Tiredness in the morning or late in the day (Psora)
- Difficulty falling or staying asleep, waking up feeling tired (Psora)

Irritable bowel syndrome

- Bloating (Psora/ Sycosis)
- Constipation (Psora/ Sycosis)
- Diarrhea (Psora)
- Abdominal pain (Psora)
- Dryness in mouth, nose, and eyes (Psora)

Neurological Symptoms

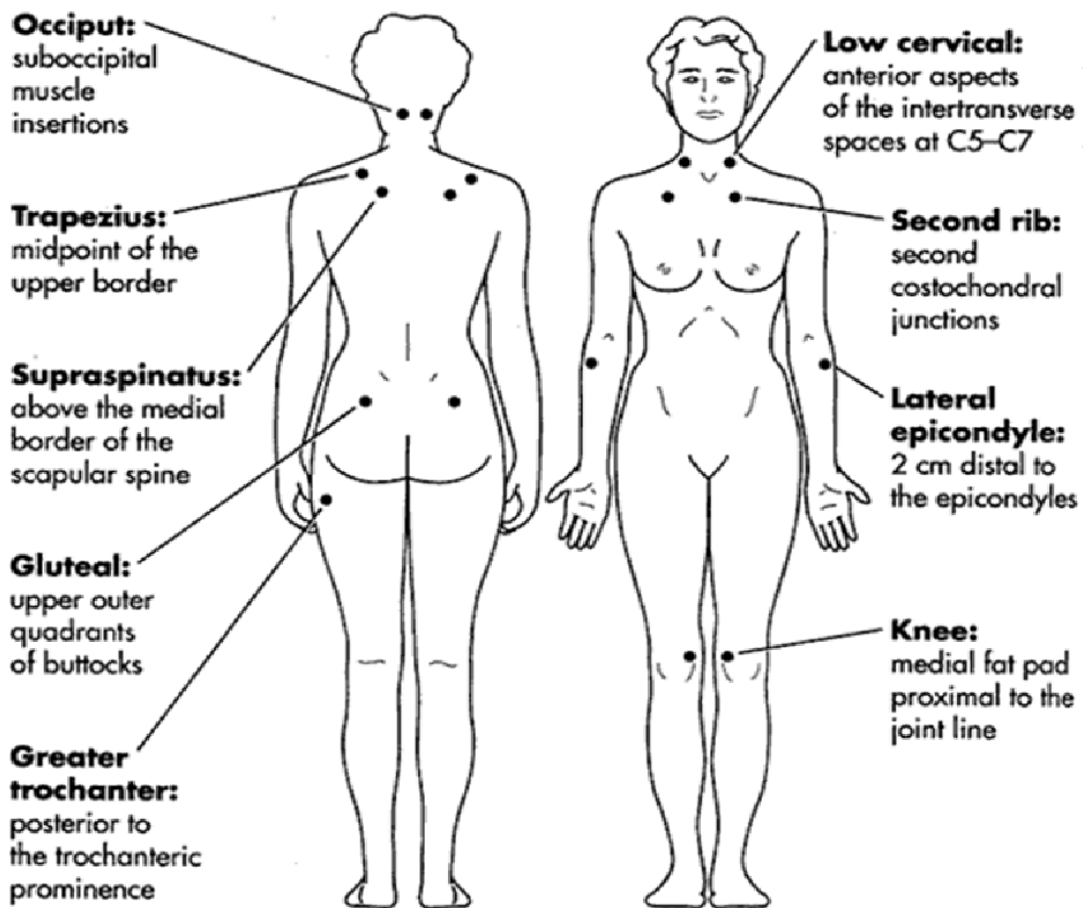
- Headaches, sometimes migraines (Psora)
- Numbness and tingling in hands, arms, feet, legs or face (Psora)
- Muscles twitch, burn, or have deep stabbing pain (Psora)
- Incontinence (Psora/ Causa occasionalis)
- Hypersensitivity to cold and/or heat (Psora)

Diagnosis

Presence of 11 to 18 tender points indicates fibromyalgia syndrome. A pain inducing instrument called dolorimeter may be used to insert exactly 4 Kg weight on tender points.

- Physical examination-
 - History of widespread pain has been present for at least three months.
 - Pain in both sides of the body pain above and below the waist. Pain is considered widespread when all of the following are present-
 - Pain in 11 of 18 tender point sites on digital palpation (both side of the body)- Occiput (2), Low cervical (2), Trapezius (2), Supraspinatus (2),

Second rib (2), Lateral epicondyle (2), Gluteal (2), Greater trochanter (2), Knee (2)



- Serum FM/a® - The FM Test - to see the markers produced by immune system blood cells in fibromyalgia
- Complete blood count (CBC)
- Blood glucose
- Thyroid function test
- Lyme titers
- Antinuclear antibodies (ANA)
- Rheumatoid factor (RF)
- Erythrocyte sedimentation rate (ESR)
- Serum Calcium
- Vitamin D
- Creatinine phosphokinase
- C- Reactive Protein (CRP)
- Renal function Test (KFT)
- Liver function tests (LFT)
- X-rays
- Nuclear Scan
- CT scan
- Muscle biopsy

Differential diagnosis

- Osteoarthritis
- Bursitis
- Tendinitis
- Thyroid disturbance
- Lyme disease
- Chronic fatigue syndrome

Treatment

Life Style Modifications

Stress Management

- Cognitive behavioral therapy
- Relaxation training
- Group therapy

Exercise

- Walking
- Jogging
- Sports

Alternative Therapies

- Chinese herbal medications
- Chinese herbal tea
- Acupuncture
- Tai-chi

Homoeopathic Treatment

Fibromyalgia in general- abrot. **Acon.** adam. adon. **Aesc.** agar. agn. alet. all-s. aloe **Alum-p.** alum-sil. **Alum.** alumn. **AM-C.** am-m. ambr. ammc. ampe-qu. **Anac.** Ang. anh. ant-c. **Ant-t.** Apis apoc. **ARG-MET.** arg-n. arge-pl. **ARN.** ars-i. ars-s-f. **ARS.** arum-t. asaf. **Asar.** aster. atra-r. aur-ar. **Aur.** bacls-10. bacls-7. **Bad.** **Bapt.** bar-act. bar-c. bar-i. bar-m. bell-p-sp. bell-p. **Bell.** benzol. berb. bism. bit-ar. borx. both-ax. bov. **Brom.** **Bry.** cact. cadm-s. calc-ar. calc-f. **Calc-p.** calc-sil. **Calc.** **Calen.** **Camph.** canch. cann-s. **Canth.** caps. carb-ac. carb-an. **Carb-v.** carbn-o. **Carbn-s.** **Carc.** cassia-s. castm. **CAUST.** cedr. cench. cent. cerv. **Cham.** chel. **CHIN.** chinin-ar. chion. chir-fl. chlam-tr. chlor. **CIC.** **CIMIC.** **Cimx.** **CINA** cinnb. clem. cob-n. cob. **COCC.** **COFF.** colch. **Coloc.** con. cop. cortiso. cot. **Croc.** crot-h. crot-t. culx. cund. cupr-act. cupr. cycl. daph. dig. **DROS.** dulc. dys. eberth. echi. elaps enteroc. ephe-si. eucal. **EUP-PER.** euph. eupi. fago. ferr-ar. **Ferr-i.** ferr-p. **FERR.** fl-ac. form. **Gamb.** **GELS.** germ-met. get. gink-b. **Glon.** goss. graph. grat. guaj. guare. guat. haem. haliae-lc. **HAM.** hedeo. **Hell.** helo. **Helon.** hep. hip-ac. hipp. hippoc-k. hist. hoit. hydr-ac. **Hydr.** hydrog. hyos. **Hyper.** iber. ictod. ign. ina-i. ind. influ. iod. ip. **Irid-met.** iris jac-c. juni-v. kali-bi. kali-br. **Kali-c.** kali-chl. kali-i. kali-m. kali-n. **Kali-p.** kali-s. **Kalm.** kola kreos. **Lac-ac.** lac-c. lac-loxod-a. lac-lup. lach. lap-la. lappa laur. lavand-a. **Lec.** **Led.** lil-t. limen-b-c. **Lith-c.** lob. loxo-recl. **Lyc.** lycpr. lyss. **M-AMBO.** **M-arct.** **M-aust.** **Mag-c.** mag-m. mag-p. mag-s. **Magn-gr.** malar. manc. mang-act. mang. **MED.** mela. meli. **Meny.** **Meph.** **MERC-C.** **Merc-i-f.** merc-i-r. **Merc.** **Mez.** mill. mit. **Morg.** morph. **Mosch.** **Mur-ac.** mygal. **Myric.** naja narcin. **Nat-ar.** **Nat-c.** **Nat-m.** nat-n. nat-p. nat-s. nat-sal. nat-sil. neon nicc. **Nit-ac.** **Nux-m.** **NUX-V.** oci-sa. ol-an. olnd. **Oncor-t.** onos. op. osm. ox-ac. ozone pall. par. parathyr. paull. petr. **Ph-ac.** **PHOS.** phys. **Phyt.** pic-ac. pieri-b. pip-n. plan. **PLAT.** plb. plect. plumbg. pneu. podo. pop. positr. prot.

prun. psil. **Psor.** ptel. puls-n. **Puls.** **PYROG.** Rad-br. Ran-b. raph. rat. **Rhod.** **RHUS-T.** rhus-v. ribo. ros-d. rumx. **RUTA** sabad. sabin. sacch-a. sacch. samb. sang. **Sars.** scut. sec. sel. seneg. **Sep.** **SIL.** sin-n. sol-ni. sol-t-ae. spect. **Spig.** **Spong.** squil. **Stann.** **Staph.** stel. stict. still. stry. suis-pan. **Sul-ac.** sul-i. sulfon. sulph. **Syc.** **Syph.** **Tarax.** **TARENT.** tart-ac. tax. tell. ter. teucr. thuj. til. tritic-vg. tub-d. **TUB.** uncar-tom. ust. uva **Valer.** vanil. ven-m. **Verat.** verb. viol-o. viol-t. wies. wye. x-ray zinc-p. zinc-val. **ZINC.** ziz.

ABDOMEN - INFLAMMATION - Colon abrot. all-s. arg-n. ars. asaf. asar. bism. cadm-s. calc-ar. canth. caps. carc. cench. chin. colch. cop. crot-t. dys. eberth. enteroc. **Ferr-i.** **Gamb.** guat. hell. hoit. influ. kali-bi. kali-n. kali-p. lach. lil-t. lyc. mag-c. malar. **MERC-C.** merc. nat-c. nat-m. nat-s. nit-ac. nux-v. olnd. parathyr. petr. ph-ac. phos. podo. ptel. raph. rhus-t. sulph. syph. ter. tub-d. tub. uncar-tom. verat. zinc-val. zinc.

EXTREMITIES - NUMBNESS - pain; after acon.

EXTREMITIES - RESTLESSNESS - Legs acon. agar. alum. **AM-C.** ambr. **Anac.** **Arg-n.** ars-s-f. **ARS.** asaf. aster. **Bell.** cact. **Calc-p.** **Calc.** **Camph.** **Carb-v.** carbn-s. **Caust.** chel. **Chin.** **Chinin-ar.** cimic. **Cimx.** colch. con. cortiso. crot-h. eupi. ferr-ar. ferr-p. **FERR.** **Glon.** **Graph.** hep. hippoc-k. hydrog. hyos. ind. kali-br. **Kali-c.** kali-n. kali-s. lac-c. **Lach.** lil-t. limen-b-c. **Lyc.** **Mag-c.** **MED.** **Meny.** **Meph.** merc-c. merc. **Mez.** **Mosch.** mygal. naja nat-ar. nat-c. **Nat-m.** nat-p. **Nit-ac.** **Nux-m.** osm. ox-ac. **Phos.** **Plat.** pneu. prun. **Psor.** rhod. **RHUS-T.** **Ruta** sacch. scut. **Sep.** spect. spong. squil. stann. suis-pan. sulfon. **Sulph.** **Tarax.** **TARENT.** tax. **TUB.** ust. vanil. zinc-p. zinc-val. **ZINC.** ziz.

Fibromyalgia, general - exertion, agg. **Arn.** ars. bell-p. **Calc.** chin. gels. helon. **Lac-ac.** nux-v. **Ph-ac.** **Rhus-t.** **Sil.** verat.

FIBROSITIS - back, pain, with bacls-7. dys. **Morg.** prot. **Syc.**

FIBROSITIS - chest wall **Morg.** **Syc.**

FIBROSITIS - scalp, of nat-sal.

FIBROSITIS bacls-7. dys. **Morg.** prot. **Syc.**

GENERALS - PAIN - Muscles - sore - accompanied by - Head; pain in gels. rhus-t.

GENERALS - PAIN - sore abrot. **Acon.** adam. adon. **Aesc.** agar. agn. aloe **Alum-p.** alum-sil. **Alum.** alumn. **Am-c.** am-m. ammc. ampe-qu. anac. **Ang.** ant-c. ant-t. apis **ARG-MET.** arg-n. arge-pl. **ARN.** ars-i. **Ars.** arum-t. asaf. **Asar.** atra-r. aur-ar. **Aur.** **Bad.** **Bapt.** bar-act. bar-c. bar-i. bar-m. bell-p. bell. berb. borx. bov. **Brom.** **Bry.** calc-sil. calc. calen. **Camph.** canch. cann-s. **Canth.** caps. carb-ac. carb-an. carb-v. carbn-o. **Carbn-s.** cassia-s. **Caust.** cedr. cent. cerv. cham. chel. **CHIN.** chion. chir-fl. chlor. **CIC.** **CIMIC.** **CINA** cinnb. clem. cob-n. cob. **COCC.** coff. colch. coloc. con. cot. **Croc.** crot-h. crot-t. culx. cund. cupr. cycl. dig. **DROS.** dulc. echi. elaps ephe-si. eucal. **EUP-PER.** euph. eupi. fago. ferr-ar. ferr-p. **FERR.** form. gamb. **GELS.** germ-met. goss. graph. grat. guare. haliae-lc. **HAM.** hedeo. **Hell.** helo. helon. hep. hip-ac. hipp. hist. **Hydrc.** hydrog. hyos. **Hyper.** iber. ictod. ign. ina-i. ind. iod. ip. juni-v. kali-bi. kali-c. kali-chl. kali-i. kali-m. kali-n. kalm. kola kreos. lach. lappa laur. lavand-a. **Lec.** **Led.** lil-t. **Lith-c.** loxo-recl. lyc. lycpr. lyss. **M-AMBO.** **M-arct.** **M-aust.** **Mag-c.** mag-m. mag-p. mag-s. magn-gr. mang-act. **Mang.** **Med.** meli. **Merc-i-f.** merc-i-r. merc. mez. mill. mit. morph. mosch. **Mur-ac.** **Myric.** narcin. **Nat-ar.** nat-c. nat-m. nat-n. nat-p. nat-s. nat-sil. neon nicc. nit-ac. **Nux-m.** nux-v. oci-sa. ol-an. **Olnd.** **Oncor-t.** onos. ox-ac. ozone pall. par. paull. petr. **Ph-ac.** **Phos.** phys. **Phyt.** pic-ac. pieri-b. plan. **PLAT.** plb. plect. positr. prun. psil. psor. ptel. puls-n. **Puls.** **PYROG.** Rad-br. Ran-b. raph. rat. **Rhod.** **RHUS-T.** rhus-v. ros-d. rumx. **RUTA** sabad. sabin. sacch-a. samb. sars. sec. seneg. sep. **SIL.** sin-n. sol-ni. sol-t-ae. spig. spong. squil. **Stann.** staph. stel. stict. still. stry. **Sul-ac.** sul-i. sulph. tarax. tarent. tart-ac. tell. ter. teucr. thuj. til. **Tub.** uva **Valer.** ven-m. verat. verb. viol-o. viol-t. wies. wye. x-ray zinc-p. zinc.

GENERALS - SENSITIVENESS - Body oversensitive; whole acon. ambr. ant-c. **Ant-t.** **Apis** arn. asaf. asar. **Aur.** **Bell.** **Bry.** camph. **Canth.** caps. castm. **Cham.** chin. cina **Cocc.** **COFF.** cupr. hell. hydrac. **Ign.** kali-p. lach. m-arct. nit-ac. **Nux-m.** **NUX-V.** op. par. phos. plb. pyrog. rhus-t. sang. sel. sil. **Spig.** spong. squil. staph. sulph. valer. verat.

GENERALS - SENSITIVENESS - everything; to merc. nat-m. sul-i.

GENERALS - STIFFNESS - morning bit-ar. get.

GENERALS - STIFFNESS - Muscles ang. anh. **Arn.** bad. **Bapt.** bar-m. **Bell-p.** bell. **Bry.** caps. caust. cic. **Cimic.** cupr-act. form. **Gels.** guaj. ham. **Helon.** jac-c. lac-lup. **Magn-gr.** merc. myric. phys. phyt. pyrog. rhus-t. **Ruta** sang. spig. ter.

HEAD - IRRITATION - Meninges - accompanied by - Muscles; stiffness of phys.

HEAD - PAIN - accompanied by - pains; other psil.

HEAD - TIRED feeling apis arn. bell-p-sp. bell. benzol. carc. chinin-ar. chlam-tr. con. ferr-p. iris kali-s. lach. lap-la. nat-m. nux-m. ozone PHOS. pop. Psor. sil. zinc-val.

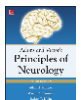
MIND - ANXIETY - pains, from the Acon. alet. apoc. Ars. bar-m. bell-p-sp. bell. bry. calc. carb-v. carc. CAUST. Cham. coff. Coloc. cupr. daph. dulc. gink-b. graph. haem. kali-s. lac-loxod-a. lap-la. mag-p. manc. mela. mez. Nat-c. nit-ac. PHOS. phys. pip-n. plumbg. psil. rhod. sars. Sil. spig. Spong. sulph. vanil. Verat.

MIND - SADNESS - pain, from both-ax. carb-v. dulc. germ-met. kali-p. nit-ac. ribo. Ruta Sars. staph. tritic-vg.

Bibliography



Approach to Articular and Musculoskeletal Disorders > INFLAMMATORY VERSUS NONINFLAMMATORY DISORDERS Harrison's Principles of Internal Medicine ... in duration (<60 min), and exacerbated by activity. Fatigue may accompany inflammation (as seen in RA and polymyalgia rheumatica) but may also be a consequence of fibromyalgia (a noninflammatory disorder), chronic pain, poor sleep, depression, anemia, cardiac failure, endocrinopathy, or malnutrition...



Chapter 11. Pain in the Back, Neck, and Extremities > Myofascial Pain Syndrome and Fibromyalgia Adams & Victor's Principles of Neurology, 10e ... of inflammation or other disease process. The currently fashionable terms myofascial pain syndrome, fibromyalgia, and fibrositis have been attached to the syndrome, depending on the particular interest or personal bias of the physician. Many of the patients are middle-aged women, who also have the equally...



Chapter 123. Fibromyalgia and Myofascial Pain Syndromes Hazzard's Geriatric Medicine and Gerontology, 6e



Chapter 14. The Patient with Diffuse Pain > Imaging Studies CURRENT Diagnosis & Treatment: Rheumatology, 3e ... Single photon emission computer tomography (SPECT) and functional magnetic resonance imaging (fMRI) have demonstrated reduced thalamic blood flow under resting conditions in patients with fibromyalgia. When pressure stimuli are applied to the thumbnail, fibromyalgia patients demonstrated activity...



Chapter 14. The Patient with Diffuse Pain CURRENT Diagnosis & Treatment: Rheumatology, 3e

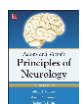


Chapter 26. Temporomandibular Disorders > Fibromyalgia CURRENT Diagnosis & Treatment in Otolaryngology—Head & Neck Surgery, 3e ... Figure 26-3. Typical pain diagram by a patient with fibromyalgia. Fibromyalgia is a generalized whole body muscle pain mostly

affecting women between 25 and 50 years of age. It is often accompanied by fatigue, irritable bowel syndrome, muscle stiffness, and sleeping difficulties...



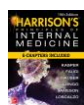
Chapter 47. Chronic Pain Management > Fibromyalgia Morgan & Mikhail's Clinical Anesthesiology, 5e ... The American College of Rheumatology recently identified three criteria that, if met, suggest the diagnosis of fibromyalgia: Treatment of fibromyalgia includes cardiovascular conditioning, strength training, improving sleep hygiene, cognitive-behavioral therapy, patient education...



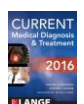
Chapter 48. Diseases of Muscle > Fibromyalgia Adams & Victor's Principles of Neurology, 10e ... often it becomes a chronic condition. The chronic form of fibromyalgia presents far greater problems, usually disabling the patient and causing a change in accustomed habits and employment as discussed in Chap. 11. It has become one of the prime diagnoses made by rheumatologists and physiatrists...



Encyclopedia Homoeopathica



Fibromyalgia > Pain and Tenderness Harrison's Principles of Internal Medicine ... FIGURE 396-1 Tender-point assessment in patients with fibromyalgia. (Figure created using data from F Wolfe et al: Arthritis Care Res 62:600, 2010.) At presentation, patients with FM most commonly report "pain all over." These patients have pain that is typically both above...



Integrative Medicine > D. Fibromyalgia Current Medical Diagnosis & Treatment 2016 ... A 2013 systematic review and meta-analysis of MBSR for fibromyalgia identified six trials totaling 674 patients and concluded that there is favorable but low quality evidence supporting its use and that "only a weak recommendation can be made at this point." Two 2013 studies of an online...



Radar 10



Rehabilitation of Rheumatologic Disorders > B. Nonpharmacologic Measures CURRENT Diagnosis & Treatment: Physical Medicine & Rehabilitation ... Aerobic exercise is still the gold standard in the treatment of fibromyalgia. It is important to develop exercise programs that are tailored to the patient's symptoms. A review of various aerobic exercise programs for fibromyalgia patients demonstrated that the greatest effect and lowest...



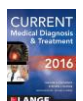
Rehabilitation of Rheumatologic Disorders > Clinical Findings CURRENT Diagnosis & Treatment: Physical Medicine & Rehabilitation ... Characteristic clinical features of fibromyalgia include widespread body aches, pains, tenderness, fatigue, cognitive problems, sleep disturbance, body stiffness, depressive and anxiety symptoms, and impaired social and occupational functioning. Nonrestorative sleep is a common complaint...



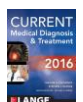
Rehabilitation of Rheumatologic Disorders > General Considerations CURRENT Diagnosis & Treatment: Physical Medicine & Rehabilitation ... Fibromyalgia is a poorly understood disease that manifests with symptoms of widespread pain, muscle aches, and fatigue. It is the second most common disorder seen by rheumatologists, after RA. Fibromyalgia affects about 2% of the population, or an estimated 5 million adults in the United States...



Rheumatic Diseases > 2. Fibromyalgia CURRENT Diagnosis & Treatment: Pediatrics, 22e ... Fibromyalgia is a chronic pain syndrome characterized by diffuse musculoskeletal pain, fatigue, sleep disturbance, and chronic headaches. Weather changes, fatigue, and stress exacerbate symptoms. Patients have a normal examination except for characteristic trigger points at the insertion...



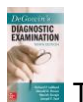
Rheumatologic, Immunologic, & Allergic Disorders > FIBROMYALGIA Current Medical Diagnosis & Treatment 2016



Rheumatologic, Immunologic, & Allergic Disorders > General Considerations Current Medical Diagnosis & Treatment 2016 ... Fibromyalgia is a common syndrome, affecting 3-10% of the general population. It shares many features with the chronic fatigue syndrome, namely, an increased frequency among women aged 20-50, absence of objective findings, and absence of diagnostic laboratory test results. While many...



The Spine, Pelvis, and Extremities > Fibromyalgia DeGowin's Diagnostic Examination, 10e ... FIG. 13-42 The Tender Points of Fibromyalgia There should be tenderness in at least 11 of the 18 points to diagnose fibromyalgia. See Tender Points, Fibromyalgia is at the extreme end of an ill-defined group of disorders variously described as polysomatic distress...



The Spine, Pelvis, and Extremities > Tender points—fibromyalgia DeGowin's Diagnostic Examination, 10e ... Persistent reproducible pain is elicited by palpation of specific muscles. The patient does not complain specifically of pain in these sites, unlike trigger points. Eighteen symmetrically located sites in the neck, back, and extremities have been standardized for the diagnosis of fibromyalgia...