

### Fibromyalgia

- Chronic widespread pain, reduced pain thresholds to palpation, fatigue
- Described as "irritable everything"
- Involved structures not well defined (PNS, ANS, CNS, neurotransmitters, endocrine system, immune system, mitochondrial dysfunction, adrenal fatigue, psychological origins)
- Usually no pathological/biochemical explanation

### Demographics/Risk factors

- Any age (usually at midlife, risk increases as age increases)
- Women more than men
- Genetics
- Obesity
- Repetitive injury
- Trauma
- PTSD
- Systemic illness
- Lupus
- RA
- AS
- TMJ dysfunction

### Presentation

- Middle aged/older adult
- Chronic neuropathic pain (>3 months) which is diffuse and symmetrical
- Muscle, tendon, joint stiffness with tenderness to touch
- Headaches and dizziness
- Usually moderate pain, but can be severe
- Pain affected by smoking, worse quality of life, sleep problems, increased anxiety, sedentary lifestyle
- Fibro-fog - cognitive deficits, lack of concentration, slower processing, memory lapses, fatigue, mood swings and insomnia
- Depression/anxiety common

### Imaging

- No orthopedic/objective test to rule in fibromyalgia
- Neuro exam unremarkable
- Diagnosis of exclusion



### DDx

- Hypothyroidism
- Anemia
- Inflammatory arthropathy
- Lyme Disease
- MS
- Malignancy
- IBS
- Celiac disease
- CFS
- Migraine
- MFPS
- Statin reaction
- Hypermobility syndrome
- Parasitic diseases
- Hormone deficiency

### Management

- Sleep study (correlation with sleep apnoea)
- Rule out other suspected causes (CBC, T3, T4, TSH, ESR, CRP, RA Factor, ANA)
- Aerobic exercises (walk, cycle, swim) and CBT effective
- Avoid sedentary lifestyle and regular exercises
- Resistance training
- Graded motor imagery (pt performs repetition of pain free movement, ask patient to sit down and imagine performing 10 additional perfect pain free repetitions)
- Tai Chi, Yoga, mindfulness, hypnosis, meditation
- Emphasis to patient the benign nature of the disease
- LIGHT touch massage/myofascial techniques if the patient can handle it
- Dietary advice (weight loss, stop eating pro-inflammatory foods)

