Consider This

**Myofascial pain syndrome is a complex set of symptoms that happen together but do not have a known cause.**

This syndrome is often referred to as Fibromyalgia.

Quantifying Fibromyalgia

* It is estimated that there are between three and six million people in the United States with fibromyalgia.

* The main symptom of Fibromyalgia is pain in the muscles, soft tissues, back or neck. There are tender points on the body that hurt when pressure is applied directly to them.

* Women are affected far more often than men and children.

* As with many conditions that cause chronic pain, it is common for people with fibromyalgia to have anxiety or depression.

* Many fibromyalgia sufferers find relief in alternative therapies such as massage, exercise, nutritional supplements and safe chiropractic adjustments.

CONTROL YOUR PAIN, CONTROL YOUR LIFE.

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Abstract: Myofascial pain syndrome is a form of a rheumatic disease. It’s a chronic syndrome of pain that can come and go, affect a person’s work habits, and their lifestyle.

There is no exact known cause of myofascial pain syndrome; however, there are a number of recognized conditions that are associated with it. Such as… physically unfit muscles, sleep disturbances and stress. The over-using or injury of a joint or muscle, along with improper body posture and an abnormal tension in a muscle structure can create this condition. Symptoms include: pain, fatigue, tension headaches, tingling and numbness and even irritable bowel. Myofascial pain syndrome will not cause deformities or permanent crippling; however, it is a very common ailment. There are millions of Americans who have been diagnosed with it. Although almost anyone can get it, many more women than men between ages 20 and 50 have this problem.

A number of soft tissue procedures including exercises and manipulative therapy can help reduce the myofascial pain, reduce muscle spasm and promote pain-free movement. Often included are attempts at changes of diet, posture, daily activities and sleeping habits. Don’t assume that if you try a variety of therapies and still experience bouts of pain that it’s something you have no control over. Another important part of ongoing treatment for fibromyalgia is, when possible, avoiding or limiting your exposure to "triggers" or "stressors" that make your symptoms worse. Cold or damp weather, poor sleep, fatigue, physical or emotional stress, and overexertion seem to be common stressors for people with fibromyalgia. It may not be possible to avoid these things completely, but you can learn ways to reduce stress, practice better sleep habits, and avoid overexerting yourself. Symptoms of fibromyalgia come and go repeatedly, so it is important to maintain your treatment efforts for the long term.

Summary: Chiropractic adjustments, to remove nerve interference, are a safe, drug free method to help control the chronic pain of fibromyalgia. A form of massage known as Myofascial release can lessen the pain and tenderness in the chronically tensed muscles. Safe, non-invasive physical therapy modalities and therapeutic exercises can improve the quality of your life. A Nutritional Assessment can identify your specific nutritional needs. Targeted nutritional therapy can help improve your body chemistry which influences your Fibromyalgia.

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