Massage for Fibromyalgia

Therapeutic massage has been found to offer welcome relief to many who suffer from the chronic pain and fatigue associated with Fibromyalgia Syndrome (FMS). Some of the benefits reported by fibromyalgia patients receiving regular massage include reduced muscle pain and stiffness, decreased stress and anxiety, more restful sleep, increased energy, and a more positive outlook on life.

Understanding Fibromyalgia

Fibromyalgia Syndrome (FMS) is a chronic condition characterized by widespread muscle pain and stiffness, and tenderness at specific body sites. The pain and extreme fatigue associated with FMS can be debilitating. As a syndrome, other symptoms often occur with it; for example, almost all people with FMS suffer from disturbed sleep. FMS has also been called fibrositis and fibromyositis.

Related symptoms may also include irritable bowel syndrome (diarrhea and/or constipation with no other traceable causes), Raynaud's phenomenon (white and cold hands), severe headaches, Sicca syndrome (dry eyes and/or mouth), and osteoarthritis. Other common physical symptoms include bruising easily, night cramps, "restless leg" syndrome, teeth grinding, sensitive bladder, mouth ulcers, sleep apnea, itchy skin, and hair loss. Mental and emotional problems such as panic attacks, mood swings, irritability, short term memory loss, and difficulty concentrating may also accompany FMS. Symptoms seem to worsen in cold or humid weather.

It is not surprising that anxiety and depression are often associated with FMS. Depression is generally thought to occur as a result of living with the syndrome, and not as part of the disease itself.