

Fibromyalgia and Chiropractic

Twenty-one rheumatology patients aged 25-70 suffering from fibromyalgia (muscular pain characterized by muscular tautness/stiffness, well defined tender/trigger points, numbness, tingling and pain) were studied to demonstrate chiropractic's effect on this condition.

The objective of this study was to demonstrate the effectiveness of chiropractic management for fibromyalgia patients using reported pain levels, cervical and lumbar ranges of motion, strength, flexibility, tender points, myalgic score and perceived functional ability as outcome measures.

Chiropractic treatment consisted of 4 weeks of treatment. The results revealed that chiropractic management improved patient's cervical and lumbar ranges of motion, straight leg raise and reported pain levels. These changes were judged to be clinically important with the confines of sample only.

In another study, 538 fibromyalgia patients revealed that chiropractors were one of the more common health care professionals visited by fibromyalgia patients.

Wellness Chiropractic is the natural choice for the management of fibromyalgia. We use special computerized equipment ideal for these patients. It's safe and effective!

Sources:

The Effectiveness of Chiropractic Management of Fibromyalgia Patients: A Pilot Study. Blunt KL, Rajwani MH, and Guerriero RC. *J Manipulative Physiological Therapy*; 1997; 20(6): 3889-99

Prospective, Longitudinal Study of Service Utilization and Costs in Fibromyalgia. Wolf F, Anderson J, Harkness, D et al. *Arthritis and Rheumatism*, 1997; 40, pp. 1560-70.