




# Fibromyalgia

INFORMATION SHEET

  
**THE  
CLINICAL  
WELLNESS  
CENTRE**  
NORTH WALES • CHESTER

  
Award Winning Therapies

## What is Fibromyalgia?

Fibromyalgia is a disorder that causes widespread muscle pain and fatigue to a degree where typical functioning is negatively affected. There are other symptoms of fibromyalgia, including restless leg syndrome, bowel or bladder problems, stiffness of the joints and muscles, headaches, numbness and tingling, sensitivity to light, sound, and temperature, insomnia or other sleep issues, and impaired memory and/or concentration, often referred to as “brain fog”. There is also a heightened sensitivity to pressure upon the skin, which may become very painful even with the lightest pressure being exerted.

Whilst the causes of fibromyalgia are unknown it is believed that there are many factors involved, including genetics, psychological stress, previous infection, and environment. Research continues into the origins of fibromyalgia.

## How is fibromyalgia diagnosed?

There is no specific testing for fibromyalgia, and often a *diagnosis of exclusion* is made by a medical professional. This means that all other serious conditions that could be causing similar symptoms are first of all excluded. Once these conditions have been excluded, it is down to the judgement of the healthcare provider to make a diagnosis, and depending on the array of symptoms presented in each individual, a diagnosis of fibromyalgia may be made. Testing of a set number of likely symptoms of fibromyalgia may sometimes be made, however these tests differ depending on local recommendations, policies, and training.

## Can fibromyalgia be cured? I read it was incurable.

Fibromyalgia has often been referred to as medically incurable, and this may be the case. However, the phrase “medically incurable” only means that the condition is incurable by the medical profession at present. Research continues and there may be future medical treatments that become available. The symptoms of fibromyalgia can however be managed in many people with the condition. Using modern therapies, and tackling the symptoms individually, as opposed to attempting to cure the whole condition at once, a lot can be done for the person with fibromyalgia. Modern psychological techniques may be used to tackle both pain reduction and psychological stress, whilst hypnotherapy can alter the perception of pain and bring about relaxation of muscular tension and stiffness. Health counselling can also be useful in adapting to life with a chronic condition. Acupuncture and light touch massage therapies may also help with a number of symptoms. There are a great many therapies that people with fibromyalgia find beneficial, and good therapy comes from identifying what individuals need and want, not just what is thought to be beneficial for others. Working with your therapist to discover this is critical.

## What can be done to help me recover?

A tailored therapy programme is a great way to discover and then treat symptoms of your condition. A thorough history taking is undertaken, and you can initially expect to meet at least one healthcare/wellness professional within our team for history taking and therapy planning. It is possible that you will interact with more than one team member during your programme, depending on the outcome of the initial consultation, where you can decide what therapies you are interested in, and make an informed decision in agreeing your therapy plan. You do not have to have any therapies which you do not wish to have, although you may change your mind at any point during your programme.

## What is the desirable outcome?

We like to get the best possible outcome for people in our programmes. The desirable outcomes are agreed in advance, and realistic expectations are set. Becoming entirely pain free is not always possible and never guaranteed due to the unknown nature of fibromyalgia, however all therapies that are available and clinically appropriate are used to improve your condition as much as possible. Programmes are generally of 5 sessions, and progress will be reviewed in each session to permit the most flexible approach. Chronic conditions sometimes require further therapy, although this remains your choice, and options for continuing therapy will be discussed before the end of each programme to allow for planning of further treatment, if required/desired.

Fibromyalgia is complex, and a lot is still unknown, we do however have a good understanding of the condition, and most importantly and understanding of the people who visit our clinic with fibromyalgia. Over the past years these people have given us the best insight into their conditions and have shared with us their experiences. Along with our clinical skills and experience, this has empowered us as a clinic to offer the best therapies, service, and understanding to those with Fibromyalgia.

## Further questions?

Please contact a member of our team to discuss your questions. We are always willing to discuss fibromyalgia and therapy options over the phone, by email, and in person.

## What next? How do I get an appointment?

Our clinic offers a free initial consultation for people with fibromyalgia. You may wish to bring a friend, relative, or carer too. This consultation is an informal, confidential discussion of how fibromyalgia affects you, and how we can work together to improve your symptoms and quality of life. Contact details are available on the next page.

## Contact the Clinical Wellness Centre

We can be contacted in the following ways:

Telephone:

01244 940911 (clinic)

07428 357193 (mobile/text/Whatsapp) – Dr. Marc Johnson Ph.D

07704 079306 (mobile/text/Whatsapp) – Michelle Johnson BSc. (Hons)

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