

# Fibromyalgia



**Fibromyalgia (fi-bro-my-AI-juh) syndrome (FMS)** is a chronic health problem that causes pain all over the body. Some of the other symptoms of fibromyalgia: Migraine or tension headaches, pelvic pain and temporomandibular disorder.



- Chronic widespread body pain
- Depression



- Moderate to extreme fatigue
- Sleep disturbances
- Sensitivity to touch, light, and sound

90%

- Sufferers have jaw or facial tenderness

50%

- Suffer from sensitivity to stimulation

50%

- Suffer from constant headaches and migraines

**129 million women**  
suffer from  
this worldwide

# RMT TREATMENT



## Registered Massage Therapists may help:

- decrease muscle pain and stiffness
- improve muscle strength
- promote relaxation and better sleep
- reduce symptoms of depression and anxiety
- decrease pain-related disability through exercises

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### SELECTED RESEARCH:

Terry, R., Perry, R., & Ernst, E. (2012). An overview of systematic reviews of complementary and alternative medicine for fibromyalgia. *Clinical Rheumatology*, 31(1), 55–66.

Li, Y., Wang, F., Feng, C., Yang, X., & Sun, Y. (2014). Massage therapy for fibromyalgia: A systematic review and meta-analysis of randomized controlled trials. *PLoS ONE*, 9(2) e89304.