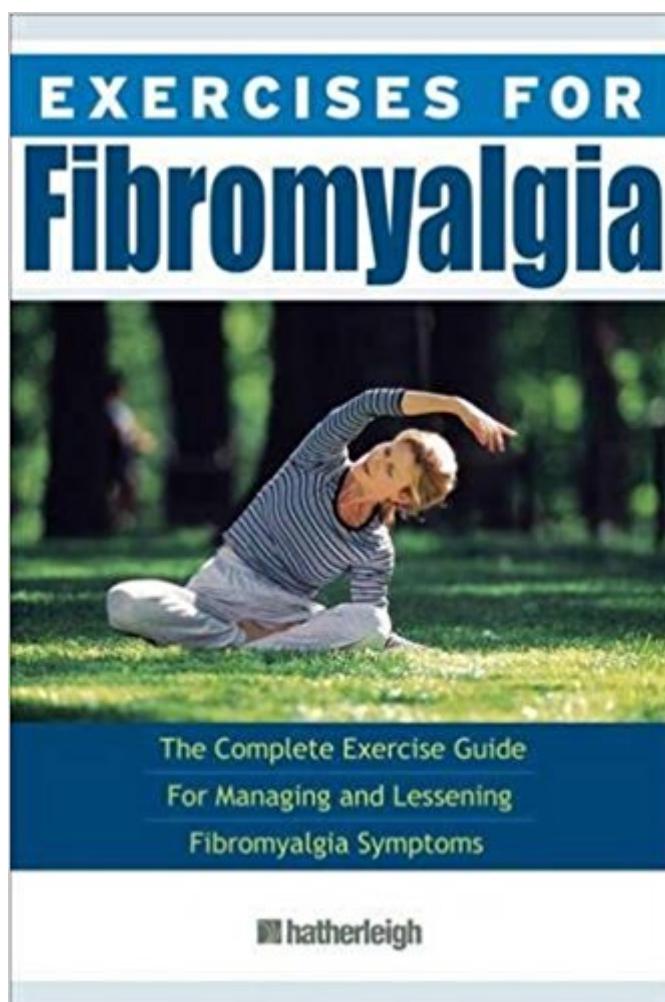


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# Exercises For Fibromyalgia: The Complete Exercise Guide For Managing And Lessening Fibromyalgia Symptoms



## Synopsis

Minimize Pain, Maximize Results, and Take Back Your Life Fibromyalgia is a debilitating condition, yet medical opinions are divided as to its cause and how it should be treated. Is it a neurological or a physical ailment? Should you treat the muscles or the mind? The correct answer is to treat both. Improving overall fitness while reducing anxiety and stress is the key to reducing your fibromyalgia symptoms and improving your daily functioning. Exercises for Fibromyalgia is tailored to improve your fitness and energy levels without strain or stiffness. With a focus on exercises designed to relieve pain and improve sleep for fibromyalgia sufferers, you will find yourself feeling better each day, as your strength increases and your soreness decreases. Combined with effective techniques proven to relieve stress and improve your sleep habits, Exercises for Fibromyalgia makes sure your mind and body both benefit from a healthy lifestyle. Exercises for Fibromyalgia also includes:- An overview of living with fibromyalgia and the benefits of exercise- Clear, informative pictures of safe, effective exercises- Detailed instructions on how to perform each exercise- A complete exercise approach to reduce stress and improve fitness- A training log to track progress Having fibromyalgia doesn't mean having to give up doing the things you love, or having to live with aches and pains for the rest of your life.

## Book Information

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## Customer Reviews

William Smith, MS, CSCS, MEPD, has been working in healthcare and wellness, including

medically-based exercise therapy for elderly, pre- and post-rehabilitative, and special needs clients for many years. Will is a recognized national expert in health and wellness and has lectured at recognized centers of wellness including Canyon Ranch. Will currently teaches at UMDNJ Physical Therapy at Rutgers University and works for a top-rated healthcare system in New Jersey. Zinovy Meyler, DO, is the Co-Director of the Interventional Spine Program and an attending physician at Princeton Spine and Joint Center in Princeton, NJ. Dr. Meyler is a board certified, fellowship-trained physician specializing in the non-operative treatment of spine, joint, and muscle pain with emphasis on image-guided interventional spine and joint procedures.

Foreword  It hasn't been that long since the diagnosis of fibromyalgia was similar to saying to a patient, "I don't know what is wrong with you, but you're in pain." Fibromyalgia has been studied for a long time and descriptions of the syndrome appear in medical literature as early as the 1800s. Throughout history, there are accounts of people with symptoms that are strikingly similar to what we diagnose today as fibromyalgia. Some historians believe that early accounts of symptoms of widespread pain and sleep disturbances can be found in the Old Testament. For several centuries, widespread pain was called rheumatism, then muscular rheumatism. In the early 1900s, the term fibrositis replaced previous names and only in 1976 did we start using the term fibromyalgia to denote the many facets of this syndrome. It was not until the 1980s that we began to find evidence that there is a connection between fibromyalgia and other similar conditions.  In 2007, the first FDA-approved medication for the treatment of fibromyalgia became available. Since then, the research has been ongoing and shows significant promise for practitioners (like myself) and, more importantly, for patients whose lives have been altered by the syndrome. As our understanding grows, there is also some growth of controversy regarding the methods of treatment as well as those applied to the research itself. However, one approach has been able to stand the test of time and science, and that approach is exercise. Of course, people with fibromyalgia face unique challenges when it comes to exercise. Whereas some people can "grin and bear it" and "exercise through the pain," people with fibromyalgia know all too well that you can't simply work through it, or you will often pay the price with a flare of pain later.  Studies consistently show that exercise helps restore the body's neurochemical balance, boost energy, restore sleep, and overall improve the emotional state. As medical practitioners, we see both great results with exercise and, at times, aversion to it due to a negative prior experience and exacerbation of symptoms. It is this double-edged sword that patients and we as physicians face in using therapeutic exercise in the

treatment of fibromyalgia. On the one hand, exercise is another form of exertion for someone who already has decreased endurance, fatigue, and disturbed sleep. For someone with fibromyalgia, to take on an exercise routine means overcoming the above barriers, only to face the next question: How do I exercise so that I get the benefits without getting the unwanted increase in fatigue and pain? What are the appropriate exercises and where do I start? In Exercise for Fibromyalgia, prominent trainer, author, and rehabilitative specialist William Smith has put forth a book that details the theory of exercise in the context of the treatment of fibromyalgia. Medicine as a whole is beginning to combine clinical experience with empirical evidence, showing the science behind the wonder of appropriate therapeutic exercise. William's efforts in combining clinical experience and scientific knowledge provide a practical application of exercise in treatment of this syndrome. It is a much-needed roadmap in the maze that can be fibromyalgia. The book you are holding in your hands will prove an invaluable resource for the community that encompasses people diagnosed with fibromyalgia and for medical practitioners undertaking the treatment of people suffering from its multitude of symptoms. We are seeing more and more that this multifaceted syndrome requires an approach that is most in line with the physiology and biochemistry of our bodies. Appropriate exercise is the most efficient way to address this. This book will help you develop the exercise routine right for you and get you on your way to less pain and more gain!

Zinovy Meyler, D.O Co-Director, Interventional Spine Program Princeton Spine and Joint Center

There are very few books and very few trainers/masseurs who are familiar with fibromyalgia and its special needs. This book offers effective and easy exercises that if one as directed and as frequently as directed, have a positive impact without fibo flare-up.

These are stretches fibro needs to help control it. You can start with 1 each of the movements and gradually work your way up to more. On a bad day just do a few of your favorites till you can go back to where you left off. Helps keep you loose and your blood flowing.

The book reviewed the basic exercises that we should be doing every day. It also encourages walking as exercise, keeping track of the amount of steps walked in one day. Good inspiration

Up to date, comprehensive and concise; helpful for a sufferer. A relatively short book; but complete in its coverage of the important basic facts of fibromyalgia and coping with it.

This is a very interesting book. The exercises aren't too hard to do and they make me feel more energized throughout the day.

Very helpful and informative. The exercises were clearly explained and easy to for a person to do. Definitely a good book for reference.

It is not every day one can find a book with concise information on such a complicated topic. The main topic of this book is, of course, exercise. Everything is explained, shown, and well--buy this and begin exercising as exercising does help.

Love this. Very helpful. I have fibromyalgia and this book has given me info on the exercises I can do. Great value book.

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