

## Fibromyalgia and Opt-In

### Fibromyalgia and pain

Fibromyalgia is a chronic condition with multiple symptoms. The most common include widespread pain, fatigue, poor sleep, and memory and concentration problems.

These symptoms can affect all areas of life - from the moment you wake up until the time you go to sleep, and during the night as well. A wide range of factors can influence pain, including:

- Lifestyle: physical activity levels, obesity, alcohol and smoking
- Physical factors such as posture, how you move, unhelpful muscle guarding and reduced strength or fitness
- Sleep
- Thoughts, feelings, mood and stress
- Relationships and support networks
- Employment and financial issues

Some of the above factors aren't necessarily causing your pain, but they can certainly increase your pain experience – it is like a volume control on your nervous system, amplifying pain.

When you have Fibromyalgia, it is easy to blame all symptoms on your condition. But altering some of the factors above can help you gain control over your symptoms.

To successfully manage pain, you need to understand which factors are contributing to *your* pain and then address those factors.

Regular exercise can help people with Fibromyalgia to improve their physical ability and reduce symptoms. However, it is important to start exercising slowly and gently, gradually building up as your tolerance increases. You need to understand how and when to progress your exercises. Tackling exercise this way will reduce the likelihood of a pain flare-up.

### What our Opt-In program can offer:

#### 1. *Understand your pain*

We undertake a thorough assessment, so that you can learn which factors contribute to *your* pain – each person's mix will be different.

#### 2. *Make a plan*

Goal setting: we work with you to find out what you want to achieve. This enables us to develop a program to help you improve in areas important to you. Goals may include recreational, social, work and home targets.

Exercise and education program plan: your program is developed specifically for you by a Senior Physiotherapist.

#### 3. *Safely and progressively implement your exercise and learning plan*

Most people attend weekly and complete the program within 10 to 15 sessions. Throughout the program, you learn how to address your pain factors. As well as practicing the exercises, you learn how and when to adjust them (both up and down).

You learn how to safely increase your activity levels to more fully participate in work, family and recreation. This will empower you to take control and improve your quality of life.

### Will Opt-In help me?

You are welcome to call us on 9367 2300 and speak with Jennie who runs the program, or [email us](mailto:admin@painoptions.com.au) and we will get back to you.

Some people prefer to book a one-off appointment, learn more about their problem and then decide if the program is for them.