

An Osteopathic Approach to Treating Fibromyalgia

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Purpose of Study

Fibromyalgia affects about 4 million Americans. This disease caused people to get help from many types of doctors in order to improve their condition. Doctors of osteopathy focus on the whole patient and try to look at their mental health as well as their physical health. This poster will focus on the ways osteopathic treatments can help patients have a better quality of life.

Background

Fibromyalgia is a chronic pain disorder characterized by widespread body pain, fatigue, and tender points in specific areas of the body. It can also cause sleep disturbances, headaches, and mood disturbances. While the exact cause of fibromyalgia is unknown, it is believed to involve changes in the way the brain processes pain signals.

Fibromyalgia is diagnosed based primarily on having pain all over the body, along with other symptoms. Currently, there are no specific laboratory or imaging tests for fibromyalgia.

Treatment Methods and Challenges

Known risk factors include:

- Age. Fibromyalgia can affect people of all ages, including children. However, most people are diagnosed during middle age, and you are more likely to have fibromyalgia as you get older.
- Lupus or Rheumatoid Arthritis. If you have lupus or rheumatoid arthritis (RA), you are more likely to develop fibromyalgia.

Some other factors have been weakly associated with the onset of fibromyalgia, but more research is needed to see if they are real. These possible risk factors include:

- Sex. Women are twice as likely to have fibromyalgia as men.
- Stressful or traumatic events, such as car accidents, post-traumatic stress disorder (PTSD)
- Repetitive injuries. Injury from repetitive stress on a joint, such as frequent knee bending.
- Illness (such as viral infections)
- Family history
- Obesity

Osteopathic Treatment Approach

Osteopathic treatment for fibromyalgia includes osteopathic manipulative therapy (OMT). OMT is a non-invasive way to manage fibromyalgia symptoms. It is a hands-on treatment that involves gentle manipulation of the muscles, joints, and tissues to promote healing and relieve pain.

There are also other ways that osteopathic treatment can benefit individuals with fibromyalgia. First, OMT can help improve range of motion and reduce muscle tension, which can help relieve pain and stiffness. OMT can also improve blood flow and lymphatic and help reduce inflammation and promote healing.

In addition, to physical aspects of fibromyalgia, osteopathic treatment can help address the underlying emotional and mental factors that people may go through. Many people with fibromyalgia experience anxiety, depression, and stress, which can make their symptoms worse. OMT can help promote relaxation and reduce stress, which can improve mood and overall well-being.

Conclusion

In conclusion, osteopathic treatment, including OMT, can be a safe and effective approach to managing fibromyalgia symptoms. By addressing both the physical and emotional aspects of fibromyalgia, osteopathic treatment can help improve quality of life and reduce pain and other symptoms in individuals with this condition.

References

Data was obtained from:
The Centers for Disease Control and Prevention
PUBMED
WedMD
Mayo Clinic

