

Refined Commitment



Commitment Physical Therapy

11741 Southwest Highway, Palos Heights, IL. 60463 (708) 361-8052

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Breaking News!

We are happy and excited to announce, that we have our very own website. We have worked hard on making this website, informative and easy for you to use and navigate through. We invite you to browse through it, who knows, you might even see yourself in it.

[www.](http://www.commitmentpt.com)

[commitmentpt.com](http://www.commitmentpt.com)

Our Location

Commitment Physical Therapy is located at 11741 Southwest Highway in Palos Heights.

Our Hours

We are open Monday thru Friday from 9:00am until 5:00pm.

For your convenience, we also offer extended and weekend hours by appointments only.

FIBROMYALGIA

What is Fibromyalgia?

Fibromyalgia is widespread pain in the muscles and soft tissues above and below the waist and on both sides of the body. Fibromyalgia is a syndrome—a set of symptoms that happen together but do not have a known cause. In this syndrome, the nervous system (nerves, spinal cord, and brain) is not able to control what it feels, so ordinary feelings from your muscles, joints, and soft tissues are experienced as pain. People with fibromyalgia feel pain and/or tenderness even when there is no injury or inflammation. Fibromyalgia does not harm your muscles, joints, or organs, and there are many things you can do to control it. When it is not controlled, you may not have any energy, or you may feel depressed or have trouble sleeping. These and other symptoms can be bad enough to cause problems with your work and home life. With treatment, most people with fibromyalgia are able to continue working and participating in daily activities. Some people adjust their work duties and lifestyle if their symptoms are severe.

What Causes Fibromyalgia?

Experts have theories about what may cause fibromyalgia, but there is not enough evidence to support any single cause. Some think that people with fibromyalgia may have nerve cells that are too sensitive. Others think that

chemicals in the brain (neurotransmitters) may be out of balance. Or it may be related to problems with the deep phase of sleep.



What are the Symptoms?

The main symptom of fibromyalgia is pain in the muscles, soft tissues, back, or neck. Also certain spots on the body hurt when you press directly on them. Experts call these tender points, but you may also hear them called trigger points. Fibromyalgia also causes sleep problems and tiredness. Less common symptoms include headaches, morning stiffness, trouble concentrating, and irritable bowel syndrome. As with many conditions that cause chronic pain, it is common for people with fibromyalgia to have anxiety and depression. These can make you feel worse. Fibromyalgia is a long-lasting (chronic) condition with no cure. Symptoms tend to come and go. You may have times when you hurt more, followed

by times when symptoms happen less often, hurt less, or are absent (remissions). Some people find that their symptoms are worse in cold and damp weather, during times of stress, or when they try to do too much.

How is Fibromyalgia Diagnosed?

Doctors can find out if you have fibromyalgia based on two things. One is widespread pain, which means the pain is on both sides of your body above and below the waist. The other is tenderness in at least 11 of 18 points when they are pressed. Your doctor will also take steps to be sure you don't have other conditions that cause pain, such as rheumatoid arthritis, polymyalgia rheumatica, systemic lupus erythematosus, or other autoimmune diseases.

How is Fibromyalgia Treated?

Currently, there is no cure for fibromyalgia, but there are many steps you can take to understand your condition and manage your symptoms. Treatment is focused on managing pain, fatigue, depression, and other symptoms common in fibromyalgia in an attempt to break the cycle of increased sensitivity to pain and decreased physical activity. Every person may respond to a different combination of treatments.

Spring

It is so amazing that Spring is here, seems like just last week we celebrated the Holidays!

Well, it's that time again, to start planning what we will be planting in our gardens this year, and figure out when we are going to do this, since March is a very unpredictable month. Who knows if one day we will have extremely nice weather and the next day, we might get some snow! No matter what type of weather mother nature decides to give us, we should be thankful for everything and anything that is given to us.

Let's all Celebrate Spring!



Continued: FIBROMYALGIA

Treatment may include:

Medicines to help you sleep better, relax muscles, or relieve muscle and joint pain. Medicines your doctor may suggest include tricyclic antidepressants, SSRIs, SNRIs, muscle relaxants such as cyclobenzaprine (Flexeril), anticonvulsants such as pregabalin (Lyrica), mixed (or dual) reuptake inhibitors or, less often, nonprescription pain relievers.

Exercise Therapy to relieve sore muscles and increase energy.

Cognitive-Behavioral Therapy to help you learn to manage your pain.

Home Treatment is also a vital part of managing Fibromyalgia. Your efforts to get regular exercise, improve your sleep habits, and reduce stress are as important to your treatment as any medicine your doctor may prescribe.

Exercise and Fibromyalgia:

Exercise is one of the most important treatments for Fibromyalgia. Regular exercise will strengthen your muscles, increase blood flow to the muscles to promote healing, and increase your endurance. It also may reduce the risk of tiny injuries to the muscles

that may cause more pain. Exercise seems to increase the amount of pressure that a person can tolerate at tender points. It may also help you sleep better and improve your overall sense of well-being.

Mild to moderate exercise is appropriate for most people with this condition. A balanced exercise program should include: Low-impact aerobic exercise, such as walking, swimming, biking, or water aerobics. This is the most helpful type of exercise for people who have fibromyalgia, because it builds general strength and endurance. Stretching exercises, which can help relax tight muscles and ease spasms. Strengthening exercises to build stronger muscles. The key is to establish exercise habits that you can maintain over the long term. Here are some tips for starting and maintaining a good exercise program: Start slowly. Many people with fibromyalgia have been inactive for a long time because of fatigue and pain and should not start a vigorous exercise program. Overexerting yourself may make your symptoms worse. If 3 to 5 minutes of activity are all you can manage at first, just do that. Increase by 1 minute per session every 3 to 4 days until you can

exercise for 20 to 30 minutes. Try to exercise 3 to 4 times a week. When you can comfortably exercise for 30 minutes, increase the intensity slowly by pedaling or swimming harder or by walking faster for the same period of time. Try to increase your exercise program gradually, eventually working out 5 to 7 days each week. Stretch before and after you exercise. This may improve flexibility, maintain good posture, and prevent injury. Stretch slowly and gently. Do not bounce, but maintain a gentle pull on the muscle. Keep track of your exercise by making a chart or diary that fits your needs. You may want to include what exercise you did, how long you did it, how hard you think you worked at it, and how you felt during and after the exercise. This will help you see your progress and will also allow you to advance or change your exercise program over time. Stick with it. When you have a flare-up of your symptoms, do not stop exercising. Instead, cut back slightly. Try to build up to your regular routine as soon as possible so that you don't lose any of the benefits you've gained.

For more information you can visit:

www.livinghealthnow.com

www.Fibromyalgia-cures.info

www.fibroandfatigue.com

Patients' Comments



"What I liked best about this clinic was that it is clean, friendly, and I received very good care" J.P - Tinley Park, IL

"Alex was very helpful in translating my concerns & needs to the Dr."

Y.V - Oak Lawn, IL

"I was very satisfied with the facility, staff, and overall professionalism of everyone in the office" R.H- Oak Lawn, IL
 "The office manager is always pleasant & the Dr is the Greatest." M.M - Country Club Hills, IL

Inside Story Headline



Caption describing picture or graphic.

“To catch the reader's attention, place an interesting sentence or quote from the story here.”

Inside Story Headline

Inside Story Headline



Caption describing picture or graphic.

11741 Southwest Highway
Palos Heights, IL 60463
Phone: 708-361-8052
Fax: 708-361-8053
E-mail: Commitmentpt@sbcglobal.net



Mailing Address Line 1
Mailing Address Line 2
Mailing Address Line 3
Mailing Address Line 4
Mailing Address Line 5



Your business tag line here.

Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.

Caption describing picture or graphic.