Non-pharmacological options for fibromyalgia fatigue management

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Pain Management

It has been evaluated that the fibromyalgia (FM) is prevalent in 1–3% of the population in the western world, but higher cases are reported in women. Widespread pain, tenderness and fatigue are some of the common characteristics of FM with symptoms of psychological distress and cognitive difficulties. In a present study, 82% of nearly 3000 patients with FM delineated severe fatigue, which was the highest proportion compared with all the rheumatic diseases inculcated in the study.

There are many exercises that have been shown to plunge fatigue in fibromyalgia (FM). Regular exercise done over a longer time for best results. One of these is the meditative movement therapies which diminish fatigue and improve sleep in FM. Sleep hygiene should be inculcated as a part of the fatigue in FM treatment. The educational programs, designed to enhance self-efficacy have also been helpful in reducing symptoms and fatigue.

The key aspect of the study mentioned here is to urge recommendations for the management of fatigue in FM by reviewing and compiling results of nonpharmacological treatment for fatigue. For management of fatigue on FM and related disorders, nonpharmacological treatments and practices is blooming. The significance of regular exercise has been explored which has led to improved general health, fatigue and other symptoms. One important point to be kept in mind is the application of person-centered approach in FM treatment. The indication is still low and the effect of exercise on fatigue in FM needs to be studied further.

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