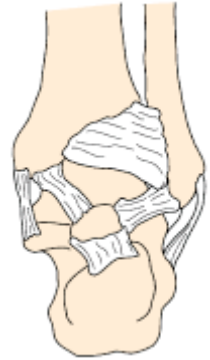


# Fibromalgia

## What is it?

- Chronic muscle and soft tissue pain
- Tenderness on both sides of the body
- Tender spots on the body (Trigger Points)
- Above and below the waist
- Not dangerous or life threatening



## Who does it affect?

- **More common**- women than men
- **Men**- more likely to develop in shoulder or recreational muscle

## What are the Symptoms?

- Severe pain
- Does not damage organs, the body or joints
- Cause is unknown
- Trouble sleeping
- Stiffness, weakness
- Fatigue
- Achy pain, stiffness throughout the body



## What do I need to do?

- **See a Health Care Provider**
- **Regular Exercise** - walking, biking, swimming
- **Good sleep habits**
- **Reduce stress**
- **Talk with-** a Physical Therapist

