

# Manual and Massage Therapy for Fibromyalgia

Living with fibromyalgia can often feel like a daily battle against pain, stiffness, and fatigue. While there are various treatments available, many people find relief through hands-on approaches like manual and massage therapy. These therapies, rooted in age-old practices, offer a tactile method to address the physical discomforts of fibromyalgia.

Manual and massage therapy are not just about relaxation – they're about targeted techniques that can help alleviate some of the specific symptoms of fibromyalgia. By working directly on the body's muscles, joints, and soft tissues, these therapies can provide both immediate relief and long-term benefits.

## BENEFITS OF MANUAL THERAPY FOR FIBROMYALGIA

**1 Targeted Pain Relief:** One of the primary goals of manual therapy is to provide relief from pain. By addressing specific areas of tension or dysfunction, manual therapy can help alleviate the localised pain points that many fibromyalgia patients experience.

**2 Improved Joint Mobility:** Fibromyalgia can cause stiffness in the joints, making movement painful or restricted. Manual therapy techniques aim to improve the range of motion in these joints, allowing for more fluid and comfortable movement.

**3 Enhanced Circulation:** By working on the soft tissues, manual therapy can promote better blood flow to the affected areas. This increased circulation can aid in the healing process and reduce muscle soreness.

**4 Reduction in Muscle Tension:** Muscle tightness and spasms are common complaints among fibromyalgia patients. Through hands-on techniques, manual therapy can help relax these tense muscles, offering relief from the constant feeling of tightness.

**5 Postural Improvement:** Chronic pain can lead to poor posture, as individuals

may adopt certain positions to minimise discomfort. Manual therapy can address postural imbalances, helping patients maintain a more natural and healthy posture.

**6 Facilitation of Natural Healing:** By addressing musculoskeletal imbalances and promoting better circulation, manual therapy supports the body's natural healing mechanisms. This can be particularly beneficial for fibromyalgia patients, as it complements the body's efforts to heal and recover.

## BENEFITS OF MASSAGE THERAPY FOR FIBROMYALGIA

Massage therapy, at its core, is a therapeutic touch that has been used for centuries to promote healing, relaxation, and well-being. For those with fibromyalgia, the gentle manipulation of muscles and soft tissues can have profound effects, particularly in calming the nervous system. When the nervous system is overactive, as is often the case with fibromyalgia, it can amplify pain signals. Massage therapy works to soothe this overactivity, creating a cascade of positive effects throughout the body.

**1 Deep Relaxation and Stress Reduction:** The rhythmic strokes and gentle pressure applied during a massage session help to activate the parasympathetic nervous system, which is responsible for relaxation and recovery. As the body shifts into this state, stress hormones decrease, and a sense of calm prevails. This relaxation response can help break the cycle of pain and tension that many fibromyalgia patients experience.

**2 Improved Sleep Quality:** The deep relaxation achieved during a massage session often extends into the night, promoting better sleep. Quality sleep is crucial for healing and recovery, and many fibromyalgia patients struggle with sleep disturbances. Regular massage sessions can help improve sleep patterns, allowing

the body to rest and rejuvenate more effectively.

**3 Enhanced Blood Flow and Toxin Removal:** Massage promotes better circulation, ensuring that oxygen-rich blood reaches all parts of the body. This improved blood flow aids in the removal of toxins and waste products from the muscles, reducing soreness and inflammation. For fibromyalgia patients, this can mean a reduction in the "heavy" or "achy" feeling often described in the muscles.

**4 Release of Endorphins, the Body's Natural Painkillers:** One of the most immediate and noticeable effects of massage is the release of endorphins. These are the body's natural pain-relieving chemicals, and their release during a massage session can provide immediate relief from fibromyalgia pain. Over time, regular massage sessions can help maintain higher levels of endorphins, offering a natural approach to pain management.

Incorporating massage therapy into a fibromyalgia management plan can offer both immediate relief and long-term benefits. By addressing the root causes of pain and tension, massage provides a holistic approach to well-being and recovery.

If you or a loved one is navigating the challenges of fibromyalgia, consider integrating massage therapy into your care plan. Please feel free to contact us at the details below if you'd like to discuss this further.

The information contained in this article is intended as general guidance and information only and should not be relied upon as a basis for planning individual medical care or as a substitute for specialist medical advice in each individual case. ©Co-Kinetic 2023



 Boathouse Wellness

 [info@boathousewellness.com](mailto:info@boathousewellness.com)

 [boathousewellness.com](http://boathousewellness.com)