



Model for Fibromyalgia Syndrome (FMS)

Fibro = Fibrous tissue

Mya = muscle

Algia = pain

PREDISPOSING (Background)

Ratio of 9 females to 1 male

Possible Genetic predisposition

Stress and/trauma in childhood

PRECIPITATING FACTORS (Triggers)

Illness or disease eg viral infection

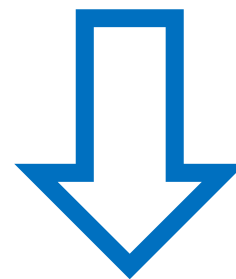
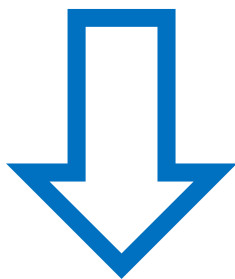
Psychological distress/stress

Bereavement

Surgery

Disruption to sleep patterns eg childbirth, shiftwork

Trauma eg domestic violence, motor vehicle accident, etc



EFFECTS ON THE CENTRAL NERVOUS SYSTEM

(Known as Central Sensitisation)

Systems dysregulation eg low serotonin, oxytocin

Increase in neurotransmitter – Substance (P)

Nervous system changes – Stress response

Circulation decreased

Magnified sensations



TYPICAL FMS SYMTOMS

Pain

Fatigue

Brain Fog – poor memory, word finding problems

Poor sleep

Flu like symptoms

Physical symptoms eg pins & needless
weakness



PERPETUATING FACTORS (Keep it going)

Lack of understanding about the condition

Unrefreshing sleep

Deconditioning/stiffness

Boom and Bust style of activity

Ongoing Stress

Difficulties attending to own needs/concerns



POSSIBLE SOLUTIONS TO BUILD A RECOVERY

Improve sleep quality

Explore and change old unhelpful patterns of thoughts and behaviours

Find comfortable level of activity (baseline) and gradually build this up.

Including

Exercise

Leisure activities

Work

Self-care

Understand effect of stress and learn skills to manage stress eg Relaxation
Mindfulness

Learn how to communicate effectively with family, work colleagues etc.