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Multidisciplinary approach in management of fibromyalgia

Fibromyalgia is located in muscle, tendon, ligament and joint. Fibromyalgia is a condition that is characterized by a widespread of musculoskeletal pain that is accompanied by joint pain, fatigue, tenderness in localized areas. Other symptoms include headache, sleep disturbance, anxiety, depression and mood issues. Some studies suggest that people with fibromyalgia perceive pain different from non-fibromyalgia individuals. This condition is difficult to assess and manage due to its complexity and relation to other conditions. Part of management of fibromyalgia includes thorough assessment which includes patient history and physical examination. Multidisciplinary approach to treatment of Fibromyalgia includes chiropractic, manual therapy, massage, exercises, acupuncture. This is a literature review that examines different non-pharmaceutical methods of managing fibromyalgia, effectiveness and the limitations of the individual disciplinary management. The review will comment on the recommendations for further treatments including outcome measures and multidisciplinary approach to management.

Biography

Agaezi Sonya is the Founder and CEO of Sonya Health Mart & Chiropractic Inc. She holds a Bachelor's Degree in Microbiology, a Doctor of Chiropractic, has a Post-graduate Certificate in Diabetes Education and a Post-graduate Certification in Exercise and Lifestyle Management. She has been involved in healthcare and wellness for more than 2 decades. She is an US trained Doctor of Chiropractic and licensed to practice Chiropractic in both USA and Canada. As a Chiropractor, she worked in a multi-disciplinary clinic where she worked together in an inter-professional team with family practice MD's, Orthopedic Surgeon, Physician Assistants, Physiotherapist, Nurses, Massage Therapist and other healthcare practitioners. She is also a Speaker at various community events and organization on a wide range of topics including Pain Management, Diabetes and Management, Chiropractic Care, Health & Wellness, Lifestyle Modifications, Nutrition, etc. She was invited to speak as a Keynote Speaker at international science conferences on Pain Management. She has 2 published abstracts in: Pain Management and Assessment for Healthcare Practitioners; Low back pain: "Multidisciplinary approach in Low Back Pain Assessment". A full article has been published with *Journal of Anesthesia & Pain Medicine* on Pain Management and Assessment for Healthcare Practitioners.

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