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A case study: Management of fibromyalgia with manual therapy and exercise therapy

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Fibromyalgia is a syndrome characterized by chronic, widespread musculoskeletal pain with tender points and stiffness in association with fatigue, poor sleep. It affects an estimated 3.7 million people in the United States especially women. Fibromyalgia is a diagnosis that has become more prevalent in recent years. Patient usually receives pharmaceutical and non-pharmaceutical treatments to help manage the condition. Some of the non-pharmaceutical methods of managing fibromyalgia include Physical therapy, Massage, Manual therapy and Exercise therapy. It is the author's opinion that manual therapy and exercise is an effective method of managing fibromyalgia. In this article, the author presents a case report of a patient with fibromyalgia who did respond positively to the treatment using manual therapy and exercises.

Biography

Agaeei 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 Postgraduate 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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