

## Understanding Fibromyalgia

### Course Description:

Fibromyalgia is a chronic syndrome of muscle pain which currently is considered under the auspices of rheumatology. With the recent advances in understanding this syndrome, it can be described as a biologic disorder associated with neurohormonal dysfunction of the autonomic nervous system. Because muscle pain is often the first major symptom of fibromyalgia, Physical Therapists must be skilled at recognizing the history and clinical manifestations suggestive of fibromyalgia in order to provide appropriate referral for medical diagnosis and intervention. This course provides the Physical Therapist and Physical Therapist Assistant with associated risk factors, etiology, and clinical manifestations of fibromyalgia. It describes current fibromyalgia treatment and rehabilitation associated with the APTA's preferred practice patterns as described in the Guide to Physical Therapist Practice.

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### Course Objectives:

Course Participants will be able to:

- A. Define fibromyalgia
- B. Identify incidence of fibromyalgia
- C. Identify risk factors associated with fibromyalgia
- D. Define etiologic factors for fibromyalgia
- E. Describe the pathogenesis of fibromyalgia including:
  - a. Hypothalamic-Pituitary-Adrenal Axis component
  - b. Autonomic Nervous System component
  - c. Reproductive Hormone Axis component
  - d. Immune system component
- F. Describe clinical manifestations of fibromyalgia
- G. Understand the Medical Management of fibromyalgia including:
  - a. Diagnosis
  - b. Treatment
  - c. Prognosis
- H. Describe Implications for the Physical Therapist in treatment of fibromyalgia

## **CEU Approvals:**

For information on specific state approval of this course, refer to the *On.Line PT CEUs* "About State Approvals" web page.