

DeAnn has reinvented her life to incorporate her previous work experiences along with her passion for food & cooking into a career that melds both! DeAnn Alexander is the owner of Foodie Road Trips (www.foodieroadtrips.com). She also operates Artisans Pantry at the Flint Farmer's Market (www.artisansinculinary.com).



Managing Your Fibromyalgia

There are an estimated 5 million Americans that suffer with Fibromyalgia, that is roughly 1 in 50. Did you know that 90% of people diagnosed with Fibromyalgia are women, that is 7 times more common in women than in men. Yet the awareness and treatment options are not as prevalent as they should be. On average it takes about 5 years to get an accurate diagnosis for those who suffer from Fibromyalgia and treatment options focus on only a few symptoms when the majority of sufferers have 6-7 different symptoms. Although the cause is unknown it stands to be the second most common diagnosed musculoskeletal ailment, after osteoarthritis. Fibromyalgia is a common syndrome which causes long-term, wide-spread pain and tenderness in muscles, tendons and other soft tissues. These painful and tender areas are most likely found in the soft tissue along the back of the neck, shoulders, chest, lower back, hips, shins, elbows, and knees. Most people describe their pain as a deep ache, or a shooting, burning pain.

What are your treatment options if you are diagnosed with Fibromyalgia?

There is a wide variety of treatment options for Fibromyalgia published over the years with varied success since there is no current cure. The goal of treatment is to help relieve the pain and improve function. The common types of treatment prescribed may be:

Physical Therapy: Gentle stretching and massage techniques, pain management modalities, strengthening exercise, Aquatic Exercise, sleep guidelines, pacing skills, ergonomic training, dietary / vitamin / nutritional supplement counseling, and information on

support groups. Each patient's program will be individualized based on their specific symptoms. Stress-relief methods: May include light massage and relaxation techniques. Cognitive-behavior therapy: May focus on recognizing what makes the symptoms worse, keeping a pain diary, setting limits, learning how to deal with negative thoughts, and seeking out enjoyable activities. Medications: May be prescribed to improve pain tolerance and sleep regularity/quality. Medications should be used in conjunction with exercise and behavior therapy. Other recommendations may include: Eating a well-balanced diet, avoid caffeine, practice good sleep routines, acupuncture, and acupuncture.

Physical Therapy at CORA Rehabilitation Clinics:

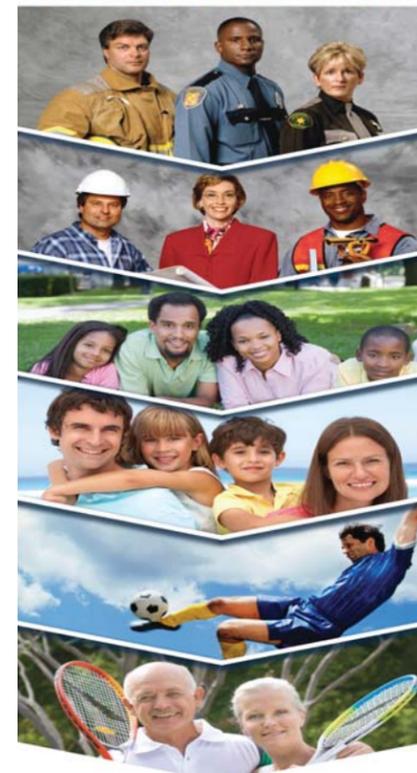
Fibromyalgia is a chronic condition that at present time has no cure. However, upon successful completion of the Fibromyalgia Program at a CORA Rehabilitation Clinic, patients will obtain the knowledge and tools necessary to manage their symptoms and thereby

improve the quality of their lives. Quality of life improvements require time, commitment, discipline, and an open mind. The Program is individualized to teach each patient how to take control over aches, pains and fatigue that typically prevent many from enjoying their lives.

Contact your local CORA Rehabilitation Clinic today to see how you can get started!

Sources: Mayo Clinic, Web MD, U.S. National Library of Medicine, and Cure for Fibromyalgia News

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