Fibromyalgia is a condition of widespread muscle pain of unknown origin. Because there are no good tests to diagnose this condition many doctors felt patients with fibromyalgia merely had some type of emotional disorder. Even though the exact cause of fibromyalgia is unknown, the condition is very real. Currently we diagnose fibromyalgia by first ruling out other known conditions that could explain the patient's pain. And then by testing the sensitivity of very specific points on the patient's body. The diagram to the right shows specific points that are unusually tender in fibromyalgia patients. This pattern of increased sensitivity at specific points is so well established that it forms the basis for diagnosis of the condition. Until very recently most doctors did not believe that fibromyalgia was a real disease, then many adopted the concept of fibromyalgia as a muscles disease. The latest theory on fibromyalgia suggests that it is a neurological disease associated with abnormal serotonin receptor. 1-3

Recent research suggest that fibromyalgia patients have imbalances in the serotonin portion of their nervous system. Serotonin is sometimes abbreviated as 5HT. The imbalance of the 5HT system is associated with pain, depression and sleep disturbances. Selectively turning some serotonin pathways on, while turning other serotonin pathways off, seems to be the best approach to treating the imbalances seen in fibromyalgia patients. The common herbs ginger, feverfew and St. John's Wort seem to offer natural substances that are perfect to counteract the serotonin imbalances that are associated with the symptoms of fibromyalgia. We have developed a proprietary blend of these and several other herbs that seem to relieve many of the symptoms associated with fibromyalgia. Combined with postural correction and acupuncture-like therapy, our approach typically improves symptoms scores by 50-70 points on the standard fibromyalgia impact questionnaire. The fibromyalgia impact questionnaire is a valid tools that can measure the seriousness of fibromyalgia and its response to treatment.
Research shows that many people develop fibromyalgia after a trauma or accident. Head forward posture may aggravate fibromyalgia.

Research shows that chiropractic care causes the release of natural pain killer substances in the nervous system. This makes chiropractic care an ideal therapy for patients suffering from fibromyalgia syndrome. Since fibromyalgia patients have increased sensitivity in their bodies, it is best to start with a chiropractic approach that is lower force and then progress with more traditional chiropractic techniques as the patient’s tolerance increases. Also not all chiropractic techniques have the ability to change posture. Since it appears that certain abnormal postures are associated with fibromyalgia, choosing a technique that restores normal posture is important. Applied Bio-structural Therapy, Stresology, Chiro-physics, Pettibon, Tofness, Logan Basic and Chiropractic Biophysics are good choices of methods to correct the abnormal spinal alignment.

There is evidence that head forward posture is associated with either the development or perpetuation of fibromyalgia syndrome. Specific chiropractic adjustments of the 1st rib and muscles alignment techniques of the upper back and neck are effective at reducing this postural distortion and helping patients with fibromyalgia. (right)

A new system of muscle balancing called Muscle Alignment Technique has proven very promising for realigning the spine and reducing head forward posture. Most patients can see and feel a change in their bodies after the first several visits. The combination of chiropractic, muscles alignment technique, herbal remedies and different forms of acupuncture offers hope in Fibromyalgia.

Acupuncture works by stimulating the nervous system. Since there is much evidence to suggest that fibromyalgia is a disorder in the nervous system, acupuncture is an ideal therapy for treatment of fibromyalgia syndrome. However sometimes the needles cause increased pain in patients with fibromyalgia. In those cases that can not tolerate the needles, mild electrical stimulation of the acupuncture points is a better option. Stimulation of ST-36, Sp-6, Li-4 and Lu-11 are good choices for initial acupuncture treatment. A skilled practitioner of acupuncture will develop a specific prescription of points for each fibromyalgia patient. – Dr. George Kukurin

Modern Methods of an Ancient Chinese Wonder
Experience the amazing healing powers of Acupuncture

Acupuncture stimulates nerve endings and nerve receptors to balance the nervous system.

An acupuncture inserted into the point viewed under electron microscope.

References