

FIBROMYALGIA

Fibromyalgia is one of the most common chronic pain conditions. It can have devastating effects on those who suffer with this condition. Muscle and joint pain is the primary symptoms, but sufferers also commonly experience chronic fatigue, poor sleep, poor bowel function, headaches, TMJ- jaw pain , and bladder pain. There is no definitive test for fibromyalgia. Diagnosis is based on a set of classification criteria that include a history of widespread pain for over 3 months and tender points found throughout the body.

Clemens Physical Therapy, PLLC specializes in the treatment of chronic pain problems in men, women, and children. We understand the special needs of fibromyalgia patients. While there is no “cure” we are able to tailor your treatment to help you improve function, decrease pain, and take more control of your life. Treatment is likely to consist of very gentle “hands on” treatment and manual therapy, modalities such as heat and electrical stimulation, postural correction, and biofeedback. You will also be given a very specific program of gentle exercises designed to give you the maximum benefit with the least aggravation of pain. We also know the importance of education on your condition and individual concerns as well as development of self-treatment program to maintain your progress after you are done with treatment. Treatment works well along with medication or other treatments provided by your physician or health care provider.

** for more information, go to **SEARCH** on our website menu and type in **FIBROMYALGIA***

TREATMENTS AT CLEMENS PHYSICAL THERAPY

Manual “hands-on” therapy:

Very gentle treatment designed with people with chronic pain in mind. The goal is to stretch tight muscles and joints without aggravating symptoms.

Modalities: Moist heat, ice, ultrasound, or electrical stimulation to decrease pain and inflammation and loosen tight muscles.

Biofeedback: Used to teach relaxation techniques or to retrain muscles to perform correctly and efficiently. Uses a computer screen to “see” body processes.

Exercise: Very gentle strengthening and stretching programs designed with people with chronic pain in mind. The goal is to restore function and prevent future problems.

Education: Addresses safe lifting techniques, work/activity modification, posture awareness, and prevention measures.

Clemens Physical Therapy PLLC

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CLEMENS PHYSICAL THERAPY, PLLC

Why We Are Unique

- Years of expertise and extensive specialization in the areas of chronic pain and women's health
- Treatment is one-on-one
- Most treatment sessions last one hour but may be shorter or longer depending on your needs
- An initial evaluation/exam is performed on the first visit to determine your needs for treatment
- A plan of care for treatment is developed to address your needs and concerns
- We will answer any questions you may have
- Care is provided in a small, comfortable setting
- We specialize in the treatment of painful conditions and will tailor the intensity of rehabilitation to your tolerance
- Exercises and stretches will be used to help you reach your goals and to help prevent future problems
- Treatment does not involve surgery or medications
- Treatment works well along with medication or other medical treatments

How to be seen at Clemens Physical Therapy

- Treatment is covered by most insurances
- Insurance coverage may require a Doctor's referral
- Referrals can be faxed to 304-842-0060
- Appointments can be scheduled by calling 304-842-6008
- We offer convenient hours including late appointments most days to accommodate your busy schedule
- We understand your time is valuable. We typically see patients at their scheduled appointment time with little to no wait
- Please call if you cannot make your appointment for any reason. We do not double-book patients—your time is set aside specifically for you. If you are unable to come, we can offer that appointment to someone else that needs it.
- We accept Visa, Mastercard, and Discover
- **Please feel free to ask any questions you may have.**
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