

# Relieving the Pain of Fibromyalgia

*By Steve Mortensen*

Sufferers of fibromyalgia live with physical pain on a daily basis. Fibromyalgia is a musculo-skeletal disorder that affects the body's connective tissues in many ways. Up to 3% of the population is afflicted with this debilitating ailment, 85% of which are women. Symptoms include sleep disorders, chronic fatigue, stress, and acute soreness of muscles and extremities. The pain can move around the body, making it difficult to diagnose. There is currently no cure for this disorder, but there are effective treatments that can help restore vibrant health.

Mallory Medical in Temecula specializes in helping clients overcome fibromyalgia. Melynda Mallory, a Certified Family and Pediatric Nurse Practitioner specializing in the disorder, believes an integrated healthcare approach works best. "A holistic approach that treats a multitude of symptoms simultaneously works best. Treatment often includes prescription medications, nutritional and herbal preparations, physical exercise, stress management techniques, and therapeutic massage," she explained.



Regular massage is an important part of a fibromyalgia treatment program. William Jobe is the Lead Therapist at Massage Envy in Murrieta, and he specializes in relieving fibromyalgia pain. "There are essentially two types of relief massage can provide. First, it can relieve pain in specific tissues. Massage can also lower the general stress level of an individual, which in turn helps minimize the pain," said Jobe.

What can one expect from massage treatments? "About half of our clients who suffer from fibromyalgia implement and follow a regular, holistic

treatment plan that includes weekly massage. These clients still have good and bad days, but the good days come with more frequency. Massage helps relieve the pain for 4-5 days in many cases," Jobe reported.

Chris Binckley, the owner of Massage Envy in Murrieta, has observed the dramatic relief therapeutic massage brings to fibromyalgia sufferers. "I remember one client came through the door with a stiff walk and lots of tension in the face," recalled Binckley. "When he left, he told me he couldn't believe how much the massage had helped. He had a big smile on his face, and I could see that much of the earlier tension was gone. Being able to help people this way is very rewarding," he added.



When regular massage is combined with a holistic treatment program, fibromyalgia pain can eventually be overcome, if one really works at it. Melynda Mallory was diagnosed with fibromyalgia in 1999, and today lives a healthy, comfortable, and happy life. "Most people that come to me for relief are so pleased to discover an integrative approach that really works. It's not always easy, but there is hope for the pain to eventually go away," she concluded.

And realistic hope can make all the difference in the world in terms of motivating oneself to conquer the pain.

*For more information about Massage Envy, call (951) 698-2888, or visit [www.massageenvy.com](http://www.massageenvy.com).*