

Exercising for Fibromyalgia

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Staying active is important in managing fibromyalgia syndrome, which is a condition that can cause pain, fatigue, and depression. Goals of treating fibromyalgia are to increase cardiovascular (aerobic) fitness and to stretch and exercise tight, sore muscles. Aerobic exercise has been shown to benefit people with fibromyalgia. You may be reluctant to exercise if you are already in pain and feel tired. Low or non-impact aerobic exercises such as walking, biking, swimming or water aerobics are generally the best way to start such a program. Be sure to check with a doctor before starting an exercise program, and start slowly. Exercise on a regular basis, such as every other day, and gradually increase your activity to reach a better level of fitness. Gently stretch your muscles and move your joints through an adequate range of motion daily before and after exercise. Physical therapy may help control pain and can design a specific exercise program to improve posture, flexibility, and fitness.