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Fibromyalgia and Postural causes

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Fibromyalgia (or fibromyalgia syndrome), is a chronic disease that causes immense physical pain and debilitating fatigue. Classified as a syndrome, fibromyalgia is not a disease, but a condition that causes many different symptoms that affect all body systems.

The main symptom of fibromyalgia is widespread musculoskeletal pain. This pain affects ligaments, tendons and muscles throughout the body. Fibromyalgia patients feel sore, stiff and overworked. Sometimes the muscles can also feel like they are burning.

Until a few years ago, even the medical community had difficulty accepting that the pain complained of was real. For years the patients were blamed, thinking that it was not a real pathology, but even caused by a possible nervous exhaustion, while it was exactly the opposite. Patients suffered from

nervous disorders due to chronic and constant pain.

It is classified as chronic widespread pain to the body. Pain can migrate to all parts of the body and vary in intensity. Patients describe pain as a pain, deep muscle pain, pulse and contraction. Most people with fibromyalgia also exhibit moderate to extreme fatigue, sleep disturbances, light, sound, sensitivity to touch and cognitive difficulties, numbness and tingling sensations in the hands, arms, feet, in the legs or sometimes in the face.

Fibromyalgia is not harmful to the body, but it can be a chronic condition that significantly compromises the quality of life, forcing the patient to make numerous pilgrimages from one specialist to another, often without any real benefit.

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