Hydrotherapy and it's Effects
Fibromyalgia
What is Fibromyalgia?

A chronic disorder characterized by widespread musculoskeletal pain, fatigue, and tenderness in localized areas. It is an increasingly common condition that has stricken roughly 3% of world population.
Who Suffers?

It afflicts women at least four times more often than men and often occurs after the age of 50, sometimes worsening with age.
Common Symptoms

- Fatigue
- Muscle spasms
- Stiffness
- Weakness
- Pain in joints
- Pain in muscles
- Reduced tolerance to exercise
According to the American College of Rheumatology, a diagnosis of fibromyalgia requires widespread body pain plus localized pain in 11 of these 18 specific points.
In general, treatments for fibromyalgia include both medication and self-care. The emphasis is on minimizing symptoms and improving general health.
Hydrotherapy is the application of water for the treatment of physical or psychological dysfunction.
Who Benefits From Hydrotherapy?

People with:

- Cardiovascular disorders
- Neurovascular disorders
- Musculoskeletal disorders
- Pulmonary disorders
Areas Hydrotherapy Will Help

- Headaches
- Shoulders & Rotator Cuff
- Sports Elbow
- Lower Back Pain & Menstrual Tension
- Sciatica
- Carpal Tunnel Syndrome
- Knee Pain
- Calf Muscle & Poor Circulation
- Heel Spurs & Arch Pain
Many Different Types of Hydrotherapy
Randomised controlled trials (RCTs) that compared hydrotherapy without exercise with any other intervention or no intervention in patients diagnosed with fibromyalgia syndrome based upon recognised criteria were eligible for inclusion. Studies reported at least one symptom-specific outcome of fibromyalgia syndrome: pain, fatigue, sleep disturbances, depressed mood and health-related quality of life (HRQOL).
Included studies used various hydrotherapy treatments. A wide range of comparisons was employed; the most frequent was therapy as usual. For most studies the duration of individual treatments was 20 minutes. Frequency of treatments varied. Mean patient age in included studies varied from 37 to 54 years. With one exception, the proportion of women patients ranged from 92% to 100%.
By the end of therapy, hydrotherapy resulted in a significant reduction of pain and improved home related quality of life. At the latest follow-up (median 14 weeks), there was a significant reduction of pain and improved HRQoL.
Similarities
Conclusions

Hydrotherapy has been shown to be a very effective treatment for fibromyalgia in a number of studies that have been carried out across the world. Some of the benefits that have been found include reduced muscle pain, help with sleep disorders, increased mobility and reduced stiffness.
Conclusions

According to Aquatic Therapy Journal, “An aquatic environment is an ideal setting for working with Fibromyalgia patients.”
References


References
