

Fibromyalgia

Pathway Program



Do you experience any of the following symptoms?

- Widespread muscle pain
- Difficulty sleeping
- Morning stiffness
- Fatigue
- Depression
- Irritable Bowel Syndrome
- Chronic headaches
- Multiple tender points
- Cognitive and memory problems

If so, you may benefit from Sitrin's Fibromyalgia Pathway Program.

Considered to be a disease of the Central Nervous System, fibromyalgia is a form of soft-tissue or muscular rheumatism. While the disorder is most prevalent in women 20 to 50 years old, it also occurs in men and children. According to the National Fibromyalgia Association, it is estimated that 10 million Americans live with the disorder.

Sitrin's Fibromyalgia Pathway Program uses non-invasive tools to help patients learn breathing and relaxation techniques to help manage pain.

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Sitrin's Fibromyalgia Pathway program also includes:

- **Physical Therapy** – a program that emphasizes the patient's return to normal activity. This is accomplished through education, such as proper lifting techniques, self-management of symptoms, and an exercise program tailored to meet individual needs.
- **Occupational Therapy** – a program that helps patients control pain and resume daily activities. A safe, non-invasive intervention is used to monitor respiration and muscle tension, and to teach diaphragmatic breathing and relaxation techniques.
- **Massage Therapy** – a hands-on manipulation of muscles to promote relaxation and pain relief.
- **Aquatic Therapy** - a low-impact water therapy program to help individuals relieve stress, improve movement, and increase strength.
- **Psychological Support Services** - includes a series of coping techniques designed for individuals facing the chronic pain and depression caused by fibromyalgia.

To reap the greatest benefit from Sitrin's Fibromyalgia Pathway Program, a patient should commit to:

- Attending therapy sessions regularly
- Engaging in the assigned exercises
- Taking medications as prescribed
- Understanding that the pain can be managed, but not necessarily eliminated
- Communicating with your physician and therapist to let them know what is working and what is not

Patients interested in beginning the Fibromyalgia Pathway Program must first obtain an occupational therapy referral from their doctor.

**For more information, please call
(315) 797-8000.**

SITRIN

The Help. The Hope. The Healing.

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