

**REVIEWED**

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Fibromyalgia Health Center

Tools & Resources

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Fibromyalgia and Physical Therapy

In this article

[What Is Physical Therapy?](#)[How Can a Physical Therapist Help my Fibromyalgia?](#)[How Can Physical Therapy Help Relieve Fibromyalgia Pain?](#)[Why Does a Physical Therapist Use Hydrotherapy?](#)[What Other Tools Does a Physical Therapist Use for Fibromyalgia?](#)[How Can I Find a Licensed Physical Therapist?](#)

According to the American [Physical Therapy](#) Association, physical therapists teach self-management skills to people with all types of conditions, including [fibromyalgia](#). Physical therapists can show people with [fibromyalgia](#) how to relieve symptoms of pain and stiffness in everyday life. These [health care](#) professionals teach people with [fibromyalgia](#) how to build strength and improve their range of motion. They show them ways to get relief from deep [muscle pain](#). And they can help people with [fibromyalgia](#) learn how to make sensible decisions about daily activities that will help prevent painful flare-ups.

[Less Pain, More Energy: See Fibromyalgia-Friendly Exercises](#)

What Is Physical Therapy?

Physical therapy focuses on the treatment, healing, and prevention of injuries or disabilities. Regular physical therapy programs may help you regain control of your fibromyalgia as you focus on lifestyle changes rather than on the chronic problems of pain, stiffness, and [fatigue](#).

Proper posture, which your physical therapist will help you with, allows efficient muscle function. That results in your being able to avoid undue [fatigue](#) and pain. In addition, the therapist may use slow [stretching exercises](#) to help you improve muscle flexibility. Relaxation exercises that the therapist will show you can help reduce muscle tension.

How Can a Physical Therapist Help my Fibromyalgia?



Physical therapists work with all types of patients -- from infants to adults. They provide health services that help restore function, improve mobility, relieve pain, and prevent or limit permanent physical disabilities. Working one-on-one with people, physical therapists help restore overall [fitness](#) and health.

How Can Physical Therapy Help Relieve Fibromyalgia Pain?

While there is no known cure for fibromyalgia, physical therapy may help ease the symptoms of pain. It can also help reduce stiffness and [fatigue](#). In addition to [exercise](#), physical therapists use a wide range of resources -- from deep tissue [massage](#) to ice and heat packs for hydrotherapy. With these tools, physical therapists can help people with fibromyalgia use their muscles, stretch for flexibility, and move their joints through range-of-motion exercises.

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Further Reading:

[Slideshow: Fibromyalgia Exercises to Do at Home](#)

[Slideshow: a Visual Guide to Understanding Fibromyalgia](#)

[Living With Fibromyalgia?](#)

[Try a Healing Touch Massage](#)

[Fibromyalgia Quiz: Alternative Treatments, Supplements, and Diet](#)

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How Can Physical Therapy H...

Fibromyalgia: Easing Deep
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