

Yoga Specific Therapy on Fibromyalgia

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Statement of the Problem: Fibromyalgia is a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues. Research show that fibromyalgia amplifies painful sensations by affecting the way your brain processes pain signals. It's not easy to spot fibromyalgia. This is one disease that doesn't have many visible signs. Most symptoms of fibromyalgia, includes pain, muscle tenderness, and fatigue. These signs are hard to see and spot on in day to day life and confusing as well. Although fibromyalgia isn't fatal, it can have serious, lifelong effects. A painful disease like arthritis or an infection raises your chances of getting fibromyalgia. Emotional or physical abuse. Children who are abused are more likely to have the condition when they grow up. This may happen because abuse changes the way the brain handles pain and stress.

Methodology & Theoretical Orientation: Numerous body types and physiological variations like height, weight and limb length diagnosed with Fibromyglia were tested and

prescribed with specific stretching technique. Findings: People who started this Yoga specific muscle stretches were found to have reduced pain which was equivalent to the pain reduced my drugs.

Conclusion & Significance: Patients who were diagnosed with fibromyalgia and underwent yoga specific stretches were able to control their muscle pain caused by fibromyalgia significantly and more efficiently than under generalized exercise pattern.

Biography

Turkan Ozturk is a final year physiotherapy scholar who has also been working into EKG, Medical first aid, nuclear medicine, pelvic pain and endometriosis. Dr. Ozturk posses high knowledge in feild of Yoga and manages to combine yoga therapy and physical rehabilitation.