

Manual therapy and self-treatment techniques for managing fibromyalgia pain

September 22-24, 2023

Faculty:

Ginevra Liptan

New data emphasises the significant role of myofascial tension and trigger points in generating fibromyalgia pain. Many manual therapies have been shown to reduce fibromyalgia pain. In addition, trigger point injections and dry needling can be useful in certain cases. Myofascial self-care and stretching regimens are key to successful fibromyalgia pain management.

Topics covered

- Evidence supporting the role of myofascial in fibromyalgia pain generation
- Trigger point identification and treatment techniques
- Review of research on manual therapy approaches for fibromyalgia treatment and which are most effective
- Myofascial self-care techniques you can easily teach patients

Learning Objectives

- Describe the myofascial abnormalities in fibromyalgia
- Compare the different manual therapy approaches to fibromyalgia
- Identify how to diagnose and treat trigger points
- Demonstrate myofascial self-care treatments

About Our Speaker:

Ginevra Liptan

Ginevra Liptan, MD is a graduate of Tufts University School of Medicine, board-certified in internal medicine and trained in functional medicine. A fibromyalgia specialist, she is the Medical Director at The Frida Center for Fibromyalgia, Portland, Oregon, USA. She developed fibromyalgia as a medical student and spent many years using herself as a guinea pig to find successful treatments. Ginevra is one of the few specialists in the world focusing exclusively on fibromyalgia and has fine-tuned her integrative approach to treating thousands of patients. Dr Liptan is the author of *The FibroManual: A Complete Fibromyalgia Treatment Guide for You and Your Doctor*.