

Fibromyalgia and the Jing Method™

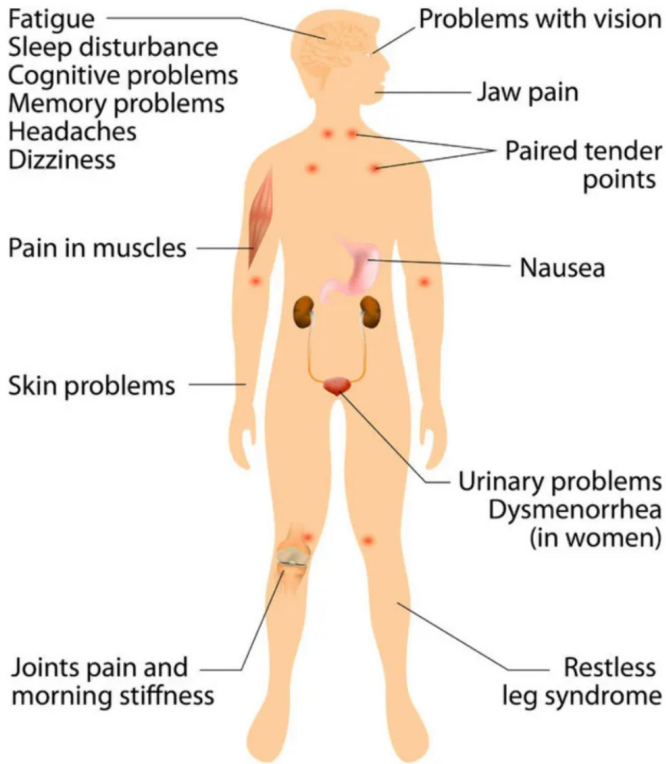
by Mandala Massage Brighton

What is it?

Fibromyalgia, also called fibromyalgia syndrome (FMS), is a long term condition that causes pain all over the body. The symptoms of fibromyalgia are changeable, meaning they can sometimes suddenly improve or get worse. There's no cure for fibromyalgia but there are treatments which can help relieve some of the symptoms and make the condition easier to live with. The exact cause of fibromyalgia is unknown, but it's thought to be related to abnormal levels of certain chemicals in the brain and the way the nervous system processes pain messages around the body (1).

Signs and symptoms

Fibromyalgia (2)



Treating Fibromyalgia with the Jing Method™

The chronic and complex nature of this systemic condition is perfectly suited to the Jing Method™

The Jing Method™ blends the best of advanced bodywork techniques from both East and West including trigger point, fascial work, acupuncture and stretching with a truly holistic approach based on the biopsychosocial model of pain and modern neuroscience.

You can expect a warm and compassionate partner to guide you on your journey out of chronic pain, a thorough assessment, an individual treatment plan and after care tailored to your specific needs.

How can massage help?

The fibromyalgia patient may not be able to pinpoint sources of pain, because his or her brain is totally preoccupied with attempting to handle a deluge of pain and other stimuli (3). Massage can help by dampening this down so that it becomes more possible to identify, and then treat, specific areas of pain.

Research backs this up. Studies show that shows that myofascial release (one of the main Jing Method™ techniques) had large, positive effects on pain as well as improving fatigue, stiffness and quality of life (4).

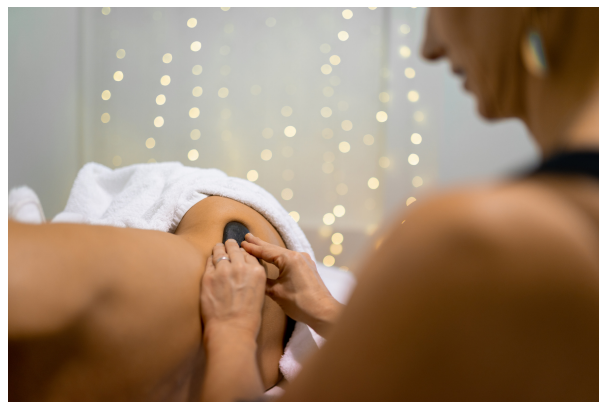
It's not a quick fix though, so it's essential you find a massage therapist you can trust to understand this condition and support you on your journey.

Things you can do yourself

Looking after yourself is key. Paying attention to diet, sleep habits, excess alcohol consumption, smoking and the quality of the environment at home and at work (3) is important .

Meditation, mindfulness and breathing exercises can be helpful as these methods have a very positive effect upon the central nervous system. In particular, Yoga Nidra is a specific type of meditation that can be very useful for chronic pain. You can find lots of free recordings at yoganidra.org

Contact me on 07737 142699 or visit mandalamassagebrighton.com to book your appointment



Sources

- (1) nhs.com
- (2) spineuniverse.com
- (3) Fibromyalgia: The myofascial trigger point connection (co-kinetic.com)
- (4) Yuan, S.L.K., Matsutani, L.A. and Marques, A.P., 2015. Effectiveness of different styles of massage therapy in fibromyalgia: a systematic review and meta-analysis. *Manual therapy*, 20(2), pp.257-264.