

Fibromyalgia Management Tips at Home

Gentle Daily Movement

- Light stretching, yoga, or walking can reduce stiffness and improve circulation.
- Avoid overexertion; small, consistent sessions work best.

Prioritize Sleep

- Aim for 7–9 hours nightly.
- Create a calming bedtime routine and keep a consistent schedule to improve restorative sleep.

Manage Stress

- Meditation, deep breathing, and mindfulness exercises help calm the nervous system.
- Reducing stress can minimize pain flare-ups and fatigue.

Stay Hydrated and Nourished

- Balanced meals rich in anti-inflammatory foods (fruits, vegetables, lean proteins) enhance overall health.
- Avoid excessive caffeine or sugar, which can increase pain sensitivity.

Use Heat or Cold Therapy

- Warm baths, heating pads, or ice packs can relieve localized pain and stiffness.
- Experiment to see which provides the most relief.

Track Your Symptoms

- Keep a journal of pain levels, sleep quality, and triggers.
- Helps you and Dr. Taylor adjust your care plan for maximum results.

Tip from Dr. Taylor: “Fibromyalgia affects each patient differently. Combining gentle chiropractic care with these lifestyle strategies often produces the most meaningful and lasting improvements.”