

# Exercise for fibromyalgia

Fibromyalgia (whole-body pain)



**How to use this sheet.** Start low and go slow: begin with less than you think you can manage, and add a little more each week. Aching the next day is common and is not harm — do a little less, then build up again. Fibromyalgia pain is real, but it does not damage the joints. Keep fixed times for going to bed and getting up, every day.

## 1 Walking



Gentle regular exercise helps the whole body.

10 minutes

Most days

✓ **Should feel**  
Easier movement

✗ **Should not feel**  
Exercising through a flare



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or मराठी — or ask for  
**sheet 54**

**Nallasopara West** 87665 22099 · 12–2 pm, 7.30–9.30 pm

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Monday to Saturday · Closed on Sunday. Urgent injury such as a  
fracture or dislocation? Please call first.



Set the seat high, so the knee is almost straight at the bottom. Pedal gently with little resistance.

10 minutes

Most days

✓ **Should feel**

The knee moving freely

✗ **Should not feel**

Pain in the knee or hip



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## Upper trapezius stretch



Sit on your hand. Tilt the opposite ear towards your shoulder until you feel a stretch.

**Hold 20 seconds**

**3 each side**

**✓ Should feel**

A stretch down the side of the neck

**✗ Should not feel**

Sharp or shooting pain



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## Doorway chest stretch



Forearms on a doorframe, step through gently.

**Hold 20 seconds**

**3 times**

✓ **Should feel**

A stretch across the chest

✗ **Should not feel**

Shoulder pain at the front



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## Knee to chest



Lie on your back. Bring one knee up towards your chest, hold, then lower slowly.

**Hold 15 seconds**

**5 each side**

**✓ Should feel**

A stretch in the lower back and buttock

**✗ Should not feel**

Leg pain getting worse



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Lie on your back with the knees bent, one hand on the chest and one on the belly. Breathe in slowly through the nose so that the belly hand rises, then breathe out slowly. The chest hand stays still.

5 minutes

At bedtime

✓ **Should feel**

Calm, slow breathing

✗ **Should not feel**

Dizziness — breathe more gently

### Stop and telephone us if

- One or more joints swell up
- You get new numbness, tingling or weakness
- You feel unwell or feverish
- You feel low or hopeless most of the time, or you have thoughts of harming yourself



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