



Fibromyalgia INDIGO Biofeedback

Fibromyalgia, FM, is a chronic pain disorder involving musculoskeletal tenderness in at least eleven of eighteen predefined locations common to the disorder. The symptoms, in addition to pain, tenderness, and soreness throughout the body, may also include problems with sleep, fatigue, depression, and overall functioning. As many as six million people, (the large majority of them women), are afflicted with FM.

FM sufferers often receive a dual diagnosis along with CFS, or other disorders; and many people undergo a battery of invasive testing procedures in coming to a proper diagnosis. Recent studies indicate that FM patients exhibit elevated sympathetic nervous system dominance, and poor parasympathetic response (Gervirtz, Hassett, 2009). In other words, the autonomic nervous system is not functioning properly. Retraining nervous system responses to acute or prolonged stress is one of the things INDIGO biofeedback does best.

In fact, biofeedback has been gaining empirical scientific evidence for its effectiveness as an adjunct therapy for both FM and CFS. Major military centers are now predominantly referring patients with FM, CFS and Post Traumatic Stress Disorder to biofeedback specialists with regularity; and it is now accepted that multidisciplinary approaches which include biofeedback, provide superior outcomes. (Gervirtz, Hassett, 2009) One study of FM patients, compared biofeedback and Cognitive behavioral therapy (CBT), showed that biofeedback produced better improvements. FM experts, also emphasize the importance of multi-disciplinary approaches that are individualized and tailored for each specific patient profile.

INDIGO Biofeedback offers effective pain management; as well as the ability to tailor protocols to train for the specific adherent stress reactions of each client. There are dozens of programs for helping re-educate sore painful muscles, and retrain the nervous system to respond more appropriately when faced with illnesses like FM, CFS, PTSD.

Find out how INDIGO BIOFEEDBACK can help you, or someone you know.