



Fibromyalgia and Chronic Myofascial Pain Syndrome

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This book is a comprehensive patient guide for managing the common but often misdiagnosed conditions of fibromyalgia and chronic myofascial pain. The management techniques found in Fibromyalgia and Chronic Myofascial Pain include targeted bodywork for painful trigger points and strategies to help you cope with the chronic pain, sleep problems, and numbing effects of 'fibrofog' that occur as a result of the disease.