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Fibromyalgia syndrome and exercise training

Fibromyalgia is a complex overlap syndrome characterized by dispersed musculo skeletal pain, sensitiveness in specific areas, generalized fatigue and sleep disturbances. Although the underlying mechanism responsible for muscular fatigue and exercise intolerance remains to be elucidated, it is reported two major mechanisms, central and peripheral hypothesis. As a peripheral theory, there are some reports on abnormalities of the microcirculation in patients with fibromyalgia syndrome. The key point to note is that ischemia associated with a modest decline in tissue oxygen may cause muscle fatigue and pain. It is especially suggested that aerobics training is a cruel role for controlling muscular pain symptoms and fatigue in fibromyalgia syndrome. Aerobic exercise is considered an essential component of a comprehensive management however, it could be recommended for its addictive effects in different therapy modalities for fibromyalgia syndrome. Based on many previous studies, it is possible that a theory appears to provide a physio pathological explanation for decreased exercise capacity which leads a vicious circle in patients with fibromyalgia. Actually, very hard question is still which modalities could break the pathologic circle which includes many overlap symptoms in fibromyalgia syndrome. It should be clearly answered how exercise prescription in which mainly must include exercise type and intensity level should be prepared for decreasing symptoms storm in fibromyalgia syndrome.

Biography

Erdem Kasikcioglu is a Professor in the Department of Sports Medicine at Istanbul University. Besides having a clinical specialist in sports medicine, he is also specialized in internal medicine and clinical cardiology. Until now, he has presented many articles and lectures about his most interesting topics, cardiopulmonary exercise testing, clinical physiology, sudden cardiac death in sports, preoperative evaluation and prevention strategies of chronic diseases, cardiac rehabilitation, exercise based rehabilitation of chronic diseases and sportive rehabilitation after musculoskeletal injuries.

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