

## Yoga specific therapy on fibromyalgia

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### Abstract

**Statement of the Problem:** Fibromyalgia is a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues. Research show that fibromyalgia amplifies painful sensations by affecting the way your brain processes pain signals. It's not easy to spot fibromyalgia. This is one disease that doesn't have many visible signs. Most symptoms of fibromyalgia, includes pain, muscle tenderness, and fatigue. These signs are hard to see and spot on in day to day life and confusing as well. Although fibromyalgia isn't fatal, it can have serious, lifelong effects. A painful disease like arthritis or an infection raises your chances of getting fibromyalgia. emotional or physical abuse. Children who are abused are more likely to have the condition when they grow up. This may happen because abuse changes the way the brain handles pain and stress.



**Methodology and Theoretical Orientation:** Numerous body types and physiological variations like height, weight and limb length diagnosed with Fibromyglia were tested and prescribed with specific stretching technique.

**Findings:** People who started this yoga specific muscle stretches were found to have reduced pain which was equivalent to the pain reduced my drugs.

**Conclusion and Significance:** Patients who were diagnosed with fibromyalgia and underwent yoga specific stretches were able to control their muscle pain caused by fibromyalgia significantly and more efficiently than under generalized exercise pattern.



### Biography:

Turkan Ozturk is a physiotherapy scholar who has also been working into EKG, Medical first aid, nuclear medicine, pelvic pain and endometriosis. She posses high knowledge in field of Yoga and manages to combine yoga therapy and physical rehabilitation.

[8th International Conference & Exhibition on Physiotherapy & Physical Rehabilitation](#); London, UK- March 18-19, 2020.

### Abstract Citation:

Turkan Ozturk, Effect of cognitive loading on blink reflex in normal young individuals, Physiotherapy Conference 2020, 8th International Conference & Exhibition on Physiotherapy & Physical Rehabilitation; London, UK- March 18-19, 2020 (<https://physiotherapy.annualcongress.com/2020>)