Introduction to Fibromyalgia

Physical Therapy in San Ramon for Fibromyalgia

Welcome to Ironhorse PT and Pilates patient resource about fibromyalgia.

Fibromyalgia has a Greek root word in its makeup. Algia actually is Greek for pain, so right off the bat, you know a condition like this isn't something to joke about. While this condition is often spoken about and is very common, many people still don't understand what this condition involves.

Simply put, Fibromyalgia involves being in pain, all over the body, particularly near joints, all of the time.

On top of it, outside of the pain, this condition also makes a sufferer very tired and unable to feel normal or carry on with their day-to-day life.

However, all is not lost and it is possible to recover from this debilitating condition. It is our goal to help you navigate through the murky waters of Fibromyalgia and find relief through our counsel and advice.

Just because you are afflicted with this condition doesn't mean your life has to resemble a Greek tragedy. With our help and our assistance, we will help you feel better and live pain-free.

Click on one of these links to learn more about fibromyalgia:

Fibromyalgia Overview

Research Articles

FAQs