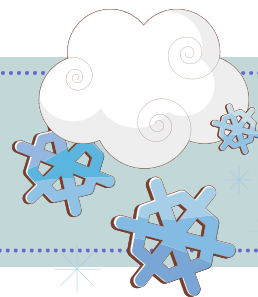


Brostrom Physical Therapy

Monthly Newsletter January 2017



Diagnosis in Focus: Fibromyalgia

From the desk of: Kathleen Dobbie, PT, DPT

Fibromyalgia is a condition characterized by widespread musculoskeletal pain. It primarily targets muscle and soft tissue and causes chronic pain. In many cases individuals may also experience fatigue, sleep disorders, and painful trigger points.

Symptoms are variable and can be mistaken for other conditions such as arthritis, bursitis and tendonitis. However, symptoms with fibromyalgia are not as specific. Individuals may experience a sensation that they have pulled or overworked their muscles - even without any exercise or a contributing event. Other symptoms may include (but are not limited to):

- Sensitivity to hot/cold
- Headaches
- Stiffness
- Numbness/tingling in fingers and feet
- Cognitive difficulties
- Abdominal pain/cramping

Unfortunately, there is no specific cause for fibromyalgia. It is possible that genetics are involved, as women and those with a family history are more likely to experience this. However, infection and physical or emotional trauma have been linked as well. Diagnosis can be difficult and most often includes ruling out other possible conditions.

There is no cure for fibromyalgia. However, medications and lifestyle modifications can help. The ultimate goal is to decrease pain and increase overall health and function. It is important to stay focused on exercising regularly, reducing stress, getting enough sleep, and pacing yourself with activities.

If you have any questions or concerns about fibromyalgia, please contact your physician.

References:

- (1) <http://www.mayoclinic.org/diseases-conditions/fibromyalgia/basics/definition/con-20019243>
- (2) <http://www.webmd.com/fibromyalgia/>

Quote of the Month:

"The only way to have a friend is to be one."

- Ralph Waldo Emerson

Brostrom Physical
Therapy wishes
you a warm and
safe winter season!

Brostrom Physical Therapy

22180 Pontiac Trail

Suite E

South Lyon, MI 48178

Phone: (248) 446-0155

Fax: (248) 446-0177

Email:

therapist@brostrompt.com



Recipe of the Month: Soulful Chicken Soup

Ingredients:

- 2 pounds bone-in chicken thighs, skinned and trimmed
 - 3 medium carrots, cut in 1/2-inch pieces (1 & 1/4 cups)
 - 1 celery root, cut into 1/2-inch pieces (2 cups)
 - 1 medium leek, white and light green parts only, cleaned, chopped
 - 2 garlic cloves, peeled and smashed
 - 2 fresh thyme sprigs
 - 2 fresh sage sprigs
 - 1 fresh rosemary sprig
 - 1 bay leaf
 - 1 1/2 teaspoons table salt
 - 1 teaspoon black pepper
 - 8 cups chicken broth
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- 2 cups wide egg noodles
 - 3 tablespoons finely chopped fresh parsley
 - 1 tablespoon fresh lemon juice



Directions:

- Place chicken and next 11 ingredients in a 6-qt. slow cooker. Cover and cook on LOW 6 hours or until chicken and vegetables are tender and chicken separates from bone.
- Remove chicken from slow cooker. Dice meat, discarding bones. Return meat to slow cooker. Stir in noodles and parsley. Cover and cook on HIGH 15 to 20 minutes or until noodles are tender. Stir in lemon juice. Serve immediately, and garnish with any leftover chopped fresh parsley.
- Yield: Makes 11 cups

Recipe credit to: <http://www.myrecipes.com/recipe/soulful-chicken-soup>



The Warming Tree

This year's warming tree is a huge success... and we owe all the credit to our patients and community members! So far, we've raised over 50 donations of hats, gloves, scarves, blankets, crackers, and soup cans, which were (and will be) given to needy families through Active Faith.

Thank you for making this year's warming tree a success! Brostrom Physical Therapy and Active Faith truly appreciate your involvement in making our community a friendly place to live.

The Warming Tree will be accepting donations through February 2017.

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