

# Musculoskeletal Sciences

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## Fibrositis

### Introduction

Fibrositis is a misnomer for a very common form of nonarticular rheumatism. The name implies an inflammatory process in fibroconnective tissue which has never been verified. Fibrositis (fibromyalgia) is a common disorder, but is often not considered or diagnosed by clinicians.

### Definition

Fibrositis is defined as pain and inflammation of the muscle, muscle sheath and connective tissue layers of the bone, muscle, tendons and joints. Also called **Fibromyalgia**.

### Symptoms

- Ill-defined musculoskeletal pain
- Local tenderness
- Aggravating factors are stress, cold, noise and unaccustomed exercise;
- Depression,
- Nonrestorative sleep,
- Chronic fatigue
- Early morning stiffness.

### On examination

- Physical examination reveals normal, apart from painful tender spots which are remarkably consistent in location from patient to patient.

### Treatment

- Drug therapy alone is seldom effective in alleviating symptoms;
- A carefully planned education program is necessary to readjust both psyche and soma.
- Stretching exercises can also be useful in treatment.

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