

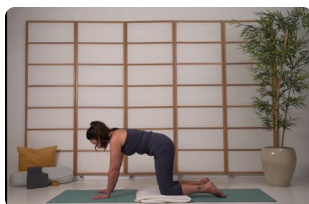
Fibromyalgia

Move slowly and stay in a range that feels comfortable. Mild stretch or effort is fine; sharp pain is a signal to stop.

Name: _____

How often: _____

Clinician: _____



1. Cat-Cow, small range

6 slow rounds

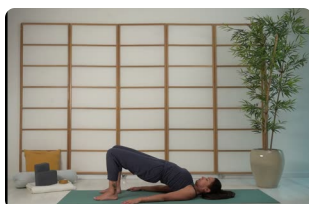
1. Come onto all fours with hands under shoulders
2. Move only through the middle of your range
3. Keep the pace slow and even



2. Open book

5 each side

1. Lie on your side, knees bent up toward your chest, arms out in front
2. Open your top arm across your body like a book cover
3. Go to the first point of resistance and breathe there



3. Glute bridge

6 to 8 slow lifts

1. Lie on your back, knees bent, feet flat and about hip-width apart
2. Press through your heels and lift your hips
3. Lower slowly, one vertebra at a time



4. Extended exhale breathing

3 to 4 minutes

1. Settle into any position you can stay in comfortably
2. Breathe in through your nose for a count of four
3. Breathe out for a count of six to eight
4. Let the pause happen at the end of the exhale

THE GUIDANCE BEHIND THESE MOVEMENTS

- EULAR revised recommendations for the management of fibromyalgia (Macfarlane et al., Annals of the Rheumatic Diseases, 2017). Non-pharmacological management is the focus of initial therapy; exercise carries the strongest evidence and was endorsed unanimously, with no distinction drawn between aerobic and strengthening exercise.



Scan to watch every movement on video

and get a free guided session built around your body: vinys.app/condition/fibromyalgia

First practice free. No account or card.

Move within a range that stays comfortable. Stop if this brings on sharp pain, dizziness, or symptoms that travel down an arm or a leg, and speak to a clinician before repeating it. Free to print and share: vinys.app/for-clinicians