



Fibromyalgia Syndrome: A Practitioners Guide to Treatment, 3e

By Leon Chaitow ND DO (UK)

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In Fibromyalgia Syndrome – a practitioner’s guide to treatment Leon Chaitow and his contributors provide a comprehensive overview of this epidemiologically significant condition and describe the most effective multidisciplinary approaches to treatment.

Fibromyalgia Syndrome (FMS) was recognised as a syndrome by the WHO in 1990. Sufferers from this complex syndrome may experience a wide variety of symptoms, ranging from headaches and fatigue to widespread muscular pain or irritable bowel syndrome. FMS is the second commonest condition encountered in clinics for the treatment of chronic pain.

Because of its many presenting symptoms, different clinicians and therapists become involved in the treatment and management of FMS patients. Fibromyalgia Syndrome – a practitioner’s guide to treatment aims to help clinicians and therapists involved in the treatment and management of FMS to better understand the syndrome, and to plan appropriate treatment and management.

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Editorial Review

About the Author

Leon Chaitow ND DO is an internationally known and respected osteopathic and naturopathic practitioner and teacher of soft tissue manipulation methods of treatment. He is author of over 60 books, including a series on Advanced Soft Tissue Manipulation (Muscle Energy Techniques, Positional Release Techniques, Modern Neuromuscular Techniques) and also Palpation Skills; Cranial

Manipulation: Theory and Practice; Fibromyalgia Syndrome: A Practitioner's Guide to Treatment, and many more. He is editor of the peer reviewed Journal of Bodywork and Movement Therapies, that offers a multidisciplinary perspective on physical methods of patient care. Leon Chaitow was for many years senior lecturer on the Therapeutic Bodywork degree courses which he helped to design at the School of Integrated Health, University of Westminster, London, where he is now an Honorary Fellow. He continues to teach and practice part-time in London, when not in Corfu, Greece where he focuses on his writing.

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