

5 Fibromyalgia patient self-care stretching exercises.

1. Start to warm up your neck muscles by gently moving your neck in a circular motion, after a minute or so return your neck to a neutral position. Bend your head forward, getting your chin to move towards your chest, then return back to the neutral position. Side bend your head to the right, bringing your right ear down towards your right shoulder, then return to a neutral position. Bend your head backwards, moving your head towards your upper back, then return to a neutral position. Side bend your head to the left, bringing your left ear down towards your left shoulder. Repeat this series 4-5 times. Do not force any of these movements, simply stretch gently. Eventually perform this as one continuous action, without returning to neutral position between each motion.
2. Gently shrug your shoulders up and then rotate them in a circular motion, backwards, downwards, forwards and then up. Repeat this action 4-5 times and then do the same but in reverse, i.e. shrug your shoulders up, and roll them forward, down, back and up. Repeat this 4-5 times as well.
3. Stand close to a wall with the outside of your arm facing the wall, and at arms length away from the wall and place your finger tips on the wall at the lowest point that can be reached by you. Slowly wall walk your fingers up the wall. Stop when ever you begin to feel any discomfort. Continue this exercise every day and you will hopefully find you can wall walk further up the wall each day and see an improved range of motion and the pain will be reduced.
4. Sit in a chair, and bring one of your knees up, and in, towards your chest, gently stretching your muscles of the upper leg, do this for each leg 4-5 times.
5. Stand and while stabilising yourself, so you don't risk falling over, hold both knees together and lift your lower leg so that your foot moves towards your bottom, then reach your hand back to your foot and gently pull your foot towards your bottom. If you find this too difficult to balance, try doing it while laying face down on a bed.

Each of these exercises is seemingly simple, however when they are all put together, they can easily be undertaken in 15-20 minutes. Doing these simple exercises every day should improve your overall health, reduce your pain levels and improve your emotional well-being.