

**TAKE THAT FIRST STEP TO
A HEALTHY LIFE**



Physical Therapy may be the motivation you are missing to assist in a better lifestyle. We care about our patients and their well being.

Individual attention is given to each patient.

We participate with most insurances. Ask your physician for a referral.



Comber Physical Therapy, LLC

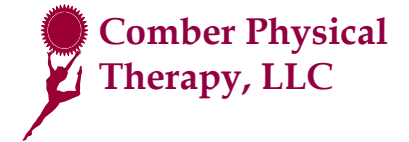
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Located in Michael Commons
Condominiums off Mooretown Road,
across the street from the new hospital
site, next door to Ferguson's Lighting and
Plumbing. Please call to set up an
appointment.



Fibromyalgia and Physical Therapy



**"HELPING YOU BACK TO A
HEALTHY LIFE"**

TEL: 757 229 9740

HOW IS PHYSICAL THERAPY HELPFUL TO ME?

What is Fibromyalgia?

Fibromyalgia is an illness that is characterized by musculoskeletal aches, generalized fatigue, soft tissue tenderness, stiffness and sleep disturbances.



Physical Therapy is very important for the patient with fibromyalgia. There are specific exercises that may benefit you for your condition. It usually takes a Physical Therapist who has worked with Fibromyalgia patients to receive effective treatment.

Exercise may be very beneficial for you, however, there are limitations that may be new. Your exercise program may need to be revised when your symptoms increase.

Education with your disease and what you are able to do is so important. Walking for 30 min or more may be too much for you if you are fatigued for hours afterwards. Grocery shopping may have to be done in the mid morning instead of after work.

Treatment for Fibromyalgia

Medication: Typically prescribed by your Physician.

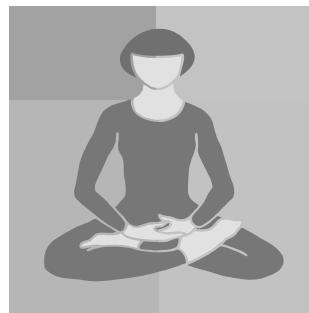
Exercise Program: Typically prescribed by your Physical Therapist with a home program or transitional program to a local gym.

Relaxation/Stress Management Techniques: This may include Biofeedback

Management of Fibromyalgia: This may include changing your diet. This may also include analyzing daily activities at home and at work to determine if there are other ways to perform activities more efficiently.

Addressing Fatigue

Discussion of Sleep disturbances



I have tried Physical Therapy and have been unsuccessful, what would be different?

Physical Therapy for Fibromyalgia is very specialized. It takes many years of practice and working with a population of patients who experience fatigue, pain and dysfunction to be able to treat Fibromyalgia appropriately.

We have worked with a large number of patients who have experienced life changes because of this disease. They had stopped doing many things because they could not, or they were afraid. They no longer live in fear and are enjoying life.

We can help you improve your life style and quality of life.

Erika J. Comber, PT has had 18 years of experience in Physical Therapy. She has worked with Fibromyalgia patients for the past 16 years, with very good success.

Samantha Chou, MS, PT has recently joined the team at Comber Physical Therapy. She enhances the practice with her extensive patient base and her specialization in manual therapy.

Please ask your Physician about a referral for Physical Therapy.