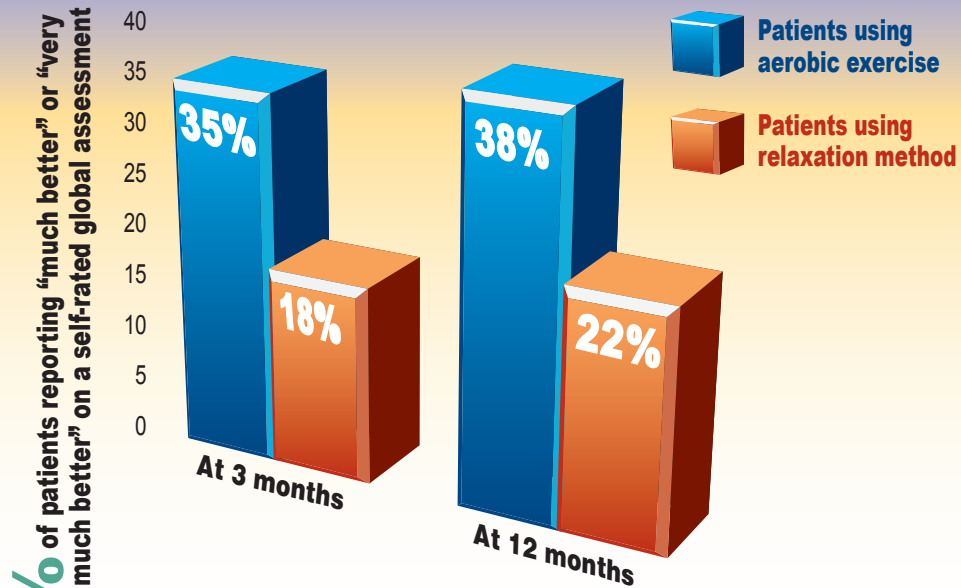


Fibromyalgia: The Benefits of Exercise



Exercise subjects also showed greater improvements on tender point counts and fibromyalgia impact questionnaires. Exercise therapy involved walking on treadmills and riding stationary bicycles. Relaxation group subjects completed upper and lower limb stretches and relaxation techniques.

Source: Richards SCM, Scott DL. Prescribed exercise in people with fibromyalgia: Parallel group randomized controlled trial. *British Medical Journal* 2002;325,pp. 185-188