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The Royal Liverpool  
and Broadgreen  
University Hospitals  
NHS Trust

## Patient information

# Fibromyalgia Syndrome (FMS) Exercise / Education Programme

## Therapies Speciality

### Introduction

The aim of the Fibromyalgia exercise/education group is to assist you in developing skills to live well with your condition and further develop positive self-management strategies/ techniques.

We offer a six week programme in a group setting which consists of a series of short talks, group discussions and light exercise graded appropriate for you. The group size can vary, a maximum of twenty patients are invited to attend.

Research evidence and our experience with patients have shown that this is an effective approach to managing Fibromyalgia.

If you are having a difficult day and do not feel you can participate in exercise, please come to attend the education session.

### What are the aims of this programme?

- To increase your understanding of Fibromyalgia.
- To set personal short term goals to improve your health and wellbeing.
- To explore a range of practical self- management strategies.
- To promote exercise as an effective way of managing your condition.
- To enhance your confidence in managing a long term condition.
- To direct and encourage you to engage in community based activities.

### What does the programme entail?

On average the sessions will last a maximum of 2 hours (this may vary). The sessions consist of a gentle exercise class and a presentation with the opportunity to discuss key themes listed below.

**Week One:** What is FMS? / Baseline Assessment/ Goal setting.

**Week Two:** Pain management/ dealing with relapse/ exercise class.

**Week Three:** Benefits of exercise/ exercise class.

**Week Four:** Pacing and planning/ exercise class.

**Week Five:** Sleep/ relaxation/ exercise class.

**Week Six:** Summary of sessions, managing a flare. Final review / exercise class

The order of the talks may vary according to staff availability.

Royal Liverpool Hospital and Broadgreen Hospital

PIF 10061 V1

## **What do I need to bring?**

- Loose comfortable clothing and supportive footwear that you can exercise in.
- Bring reading glasses if necessary as you may need to fill out forms.
- **If you use any medication, devices or dietary provisions to manage conditions such as angina, asthma or diabetes which could be potentially affected by exercise, please ensure you have them with you every time you attend.**

## **Attendance**

We understand your condition is variable which may make attendance difficult. However, in order to gain the maximum benefit from the programme you are encouraged to attend all of the six sessions if possible.

Often individuals feel that one of the most valuable aspects of the course is meeting others with the same condition and sharing their experiences of living with fibromyalgia.

On the rare occasion, individuals attending the programme have known other members in the group. Should this occur and it makes you feel uncomfortable please let a therapist know.

During the programme you will be given exercise and information sheets to support the advice shared within the sessions.

## **Feedback**

Your feedback is important to us and helps us influence care in the future

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated

## **Further Information**

**If you are unable to attend the programme please contact the department on  
Tel: 0151 706 2760.**

**Text phone number 18001 0151 706 2760**

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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