

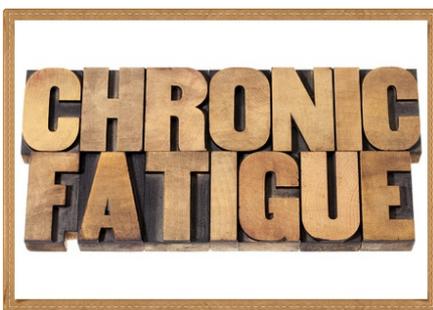
# THE BASICS 540.985.0500

Back to Basics Physical Therapy 1015 First Street SW, Roanoke, VA 24016

## Can Physical Therapy Help Chronic Fatigue Syndrome?

Chronic fatigue syndrome is a clinical condition characterized by excessive fatigue and body pain. It is often preceded by a viral illness and is associated with symptoms like muscle aches and pains, joint pains, difficulty sleeping and at times, depression.

The symptoms are unpredictable and can vary from mild discomfort to excruciating pain. Depending on its severity, this condition has the potential to alter the lives of the patient and family members, and requires a comprehensive treatment plan.



For decades, the healthcare community has debated the best way to treat chronic fatigue syndrome. Most patients required a combination of medical intervention and physical therapy. Let's take a closer look at how physical therapy can effectively combat chronic fatigue syndrome.

## The Importance of Supervision



A supervised, progressive exercise program is the foundation of physical therapy treatment for patients with chronic fatigue syndrome.

The first time you meet with your physical therapist, the therapist will determine the extent of the disease. This will help the physical therapist understand what your requirements are and chart out a plan for treatment. The therapist will assess the patient's underlying ability and initiate an intervention program.

Starting with a series of simple stretches and exercise programs, you can expect in an improvement in motion and strength. This allows the body to become stronger and cope with the pain at the same time.

For example, a patient may be asked to walk for a few minutes a day. As time progresses, the patient is able to walk faster, and over longer distances. Supervised, progressive exercise is the key. Chronic fatigue syndrome is characterized by days when the patient feels really active and energetic, and other days when they feel tired and listless. Physical therapy helps improve the physical and the mental state of the patient over a period of time.

## The Life Altering Impact of Physical Therapy

Physical therapy can change lives, in more ways than one.

It can help treat most types of pain and dysfunction in the body by identifying the underlying cause and its impact on bones,



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### Patient Testimonial

Thank You for your sincere attention and excellent care. Lana M.

### Do you need physical therapy?

If you have any of the following conditions we can help!

*Tendonitis/ Bursitis*  
*Sprain/ Strain*  
*Jaw, Neck, or Back Pain*  
*Tension Headache*  
*Pelvic Pain/ Incontinence*  
*Lymphedema*  
*Trigger Points*

*Pre/ Post Surgical Protocols*

Most Insurances Accepted!

muscles and joints. You'll be surprised with everything we can do. The best way for you to discover this is to schedule an appointment and come in to our office.

For patients with chronic fatigue syndrome, physical therapy can transform quality of life. It helps patients strike the right balance between rest and movement. This is achieved with an exercise program that is simple, progressive and supervised. An improvement in physical function can positively impact every aspect of the patient's life, including emotional and mental state.

Pick up the phone and give us a call today. Physical therapy can have a life altering impact on you and your family. We will bring a smile to your face. Thank you, and we appreciate the opportunity to serve you.



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#### **ANNOUNCEMENT:**

Happy Birthday to Francine and Jennifer!

We see WALK-INS so don't wait for a Physical Therapy appointment, when we can see you immediately.

Please call us if you are interested in *pre/post natal* classes.

Become a fan of Back to Basics on facebook.

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Refer a family member or a friend and receive a free 30 min. massage!

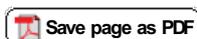
(Must be a previous patient)

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