



Online Continuing Education Courses  
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AOTA Approved Provider #4023

**Course Title:** Fibromyalgia 106

**Sub-Title:** Integration: What Seems to be Helping?

**Course Description:** Fibromyalgia 106, Integration: What Seems to be Helping, is a 2-hour course designed for the intermediate clinician treating patients with fibromyalgia and is interested in exploring current research related to what type of interventions are most effective for treatment. A majority of patients experiencing conditions involving chronic pain and ill-defined syndromes which have a variety of presenting symptoms often turn to alternative and complementary treatment methods. This course will offer information and research results from a variety of different rehabilitation methods and protocols including, but not limited to: aerobic exercise, antibiotic and auto-vaccine treatments, acupuncture, chiropractic medicine, diet, homeopathy, hydrotherapy, massage, medication, osteopathy, thyroid replacement plus more.

**Target Audience:** OT/OTA

**Course Length:** 2 hours

**Course Author/Instructor:** Chaitow, ND, DO / Brown, MS, OTR/L, CHT

**Educational Level:** Introductory, Intermediate, Advanced

**Course Objectives:**

At the end of this course, participants will be able to:

- Become aware of the effectiveness of various methods to integrate into the treatment of fibromyalgia
- Explore different methods of treatment in the rehab process for fibromyalgia including: aerobic exercise, massage therapy, hydrotherapy, diet, cryotherapy, hypnotherapy, chiropractic plus more
- Understand the importance of patient advice and adherence issues in the successful treatment of fibromyalgia
- Explain the importance of nutritional supplementation in the treatment of fibromyalgia
- Review current research studies related to various methods used in the treatment of fibromyalgia

**Outline of Content:**

### **Hour #1**

Patient Advice and Adherence Issues  
What Seems to be Helping?  
Aerobic and other Exercise  
Antibiotic and Auto-vaccine Treatment  
Acupuncture  
Chiropractic  
Diet and Detoxification  
Homeopathy  
Hydrotherapy

### **Hour #2**

Hypnotherapy  
Interdisciplinary Combined Treatment  
Massage Therapy  
Medication  
Nutritional Supplementation  
Osteopathy  
Pelvic Pain and Interstitial Cystitis  
Probiotics and prebiotics for Gut Dysfunction  
Conclusion

### **Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://www.OnlineCE.com) includes PDF downloadable course. See course formats for additional details.

### **Course Completion Requirements:**

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible CEUs.

### **AOTA Classification Codes:**

Category 1: Domain of OT  
Category 2: Occupational Therapy Process  
Category 3: Professional Issues

### **Additional Policies:**

OnlineCE Policies are available by clicking on the tab – Policies – located in the left hand navigation bar.

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