



Fibromyalgia Management Program



Relief from fibromyalgia

- Hurting all over.
- Chronic fatigue.
- Difficulty sleeping.

We can empower you with tools to help you manage your fibromyalgia.

As part of the No. 2 rheumatology program in the U.S. (the top-ranked in Ohio),* we've developed a comprehensive way of treating those who suffer from fibromyalgia. Cleveland Clinic's Fibromyalgia Management Program (FM-MP) can help you reduce symptoms and regain the ability to live your life.

**According to U.S. News & World Report*

Life-changing, long-term improvement

Modeled after the most modern pain rehabilitation programs in the U.S., our FM-MP addresses all factors contributing to your discomfort. It's about more than short-term pain relief. It's about life-changing, long-term improvement.

Our multidisciplinary program includes:

Evaluation by a rheumatologist. One of our fibromyalgia experts will evaluate the cause of your pain and any factors affecting it, such as sleep problems, depression, arthritis or other musculoskeletal issues. Your doctor will customize your treatment, addressing anything contributing to your pain and fatigue.

Cognitive behavioral therapy. Learn how to better manage your pain and stress during group sessions. We can help you improve your quality of life through self-talk, positive coping skills, symptom reduction skills, mindfulness meditation and relaxation techniques.

Physical therapy. Our physical therapy team will evaluate you and design a personalized program that you can do at home, so you can become more active and function better.



OUR FM-MP APPROACH

STEP 1: Each patient has a complete evaluation with rheumatology, psychology and physical therapy to determine the appropriate treatment.

STEP 2: Following evaluation by our fibromyalgia team, one of two treatment options will be recommended:

- **FM-MP Outpatient Program** – This program involves participation in regular physical therapy sessions, as well as a cognitive behavior therapy group to teach coping skills related to fibromyalgia. This fibromyalgia group is offered twice each month and physical therapy sessions will be scheduled based on the therapist's recommendations.
- **FM-MP One-Day Intensive** – This program is a one-day intensive interdisciplinary program offering education and self-help strategies to individuals who are unable to commit to regular follow-up with group therapy and physical therapy, due to distance or other life commitments.

WHERE: Cleveland Clinic Crile Building,
9500 Euclid Ave., 5th Floor,
Cleveland, Ohio 44195

Cleveland Clinic's Fibromyalgia Management Program

Helping you regain the ability to function your best at home, at work and in your community.

MEET OUR TEAM



Cara Sieberth, PT; Sara Davin, MD; Tiffany Clark, NP; Carmen Gota, MD, Director; Maribeth Gibbon, PT

ENROLL TODAY

For more about our Fibromyalgia Management Program or an appointment, call **216.444.0564** or **800.223.2273** ext 40564.



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