

# Fibromyalgia Syndrome Clinical Reasoning Guide

## “Classic” FMS

- Sleep disorder
- Anxiety
- Depression
- Irritable bowel syndrome
- Neuro-endocrine imbalances

## “Pseudo or False” - FMS

The various disorders that are commonly misdiagnosed as FMS

- 1) Structural
- 2) Metabolic
- 3) Other Root Causes

*All can be associated with fatigue and muscle tenderness*

### Structural (Musculoskeletal)

- Multiple trigger points (TrP)
- Joint pain/stiffness
- Muscle spasm and achiness
- Poor posture
- Undiagnosed spinal disc/facet disorders

### Metabolic (Functional)

- Sub-optimal energy metabolism
- Toxicity
- Subtle thyroid disorder
- Adrenal stress/exhaustion
- Nutritional deficiencies

### Other Root Causes (Medical Diseases)

- Anemia
- Lyme disease
- Hypothyroidism
- Inflammatory arthritis
- Autoimmune disease
- Cancer
- Multiple sclerosis
- Small fiber polyneuropathy