Is Paresthesia Connected to Fibromyalgia?

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A Look at Fibromyalgia and Paresthesia

Paresthesia is a condition that results in a burning sensation, tingling, prickling, or even numbness. This condition often occurs in the hands and extremities of the body. The symptoms associated with this condition can vary in severity from mild to very severe. Depending on the reason paresthesia is present, the condition may last chronically or it will disappear after a short period. Could fibromyalgia and paresthesia be connected?

With fibromyalgia, it is not uncommon for paresthesia to occur without the sensation of pain, but pain can be felt sometimes when it is present. The condition can also occur without any advanced warnings — this may cause concern in patients, especially if they have never felt the sensations in the past.

Fibromyalgia and Paresthesia

What is fibromyalgia? It's a chronic condition that does not have a cure and can occur in any adult. Mainly women, in their older years, experience this type of condition.

Fibromyalgia has several symptoms including severe pain, burning, and aching. Fibromyalgia seems to be linked to stress and anxiety levels in adults.

Paresthesia is a symptom of fibromyalgia, and many patients experience these sensations. When paresthesia and fibromyalgia are present, you will experience prickling feelings, numbness, tingling, and also a burning sensation in your feet or even hands.

Treating Paresthesia

Treating paresthesia and fibromyalgia is something that should be discussed with your healthcare provider. To be able to effectively treat paresthesia, the doctor will need to know if any other conditions are occurring.

A tailored treatment plan will be made for each patient and can be a combination of different treatment types. Some of the symptoms are very mild, such as uncrossing your legs when you sit or avoiding anxiety attacks, which can cause the onset of the condition.

There are more detailed treatment plans available when paresthesia is related to fibromyalgia and other conditions, such as diabetes. These types of conditions require proactive measures and can include physical therapy, monitoring, and lifestyle changes.

It is not uncommon for someone suffering from this condition to also receive relief from a physical therapist to manipulate the neck and back to try and relieve some of the pain.

Treatment of Paresthesia Related to Fibromyalgia

When paresthesia is present with fibromyalgia, patients can receive relief through physical therapy. If this type of treatment is not effective, some patients have success with taking vitamin supplements and receiving massages. Acupuncture for fibromyalgia is another form of treatment that can help relieve both painful paresthesia and fibro.

Paresthesia is a painful condition on its own, but not in every case. Often when the condition is joined with fibromyalgia, the condition is very painful and causes people severe pain.

The pain can change in feeling from an intense burning to itchiness or even numbness. When patients experience this pain, they may be confused at first. Seeking treatment and getting the right diagnosis will help in relieving pain from the condition.