Dance Therapy for Fibromyalgia

by AMY MANLEY

Could Dance Therapy Help With Your Fibro?

Dance therapy for fibromyalgia is one of the latest therapy trends, due to the vast array of benefits it offers. This form of therapy is considered an alternative treatment method, and has been shown to be very effective in various clinical studies. If you are unaware of what dance therapy is and how it works to treat fibromyalgia, read on to learn more and decide if this form is therapy is right for you.

What Is Dance Therapy?

Dance therapy is similar to regular dance, but it utilizes different movements in order to improve your physical health, along with your mental state. Dance is known for offering a wide-array of mental health benefits, from improving mood to lessening anxiety.

There are two different forms of dance therapy for fibromyalgia. The first is individual dance, where you take part in one-on-one sessions with a dance instructor. The second form is group sessions. During a group dance therapy session, each member of the group takes part in the dance routine. These groups may consist of two or three people, or may be large in size with upwards of 20 members. Some people prefer one or the other, but each offers its own great benefits.

Individual Dance Therapy

Some Fibromyalgia patients prefer individual sessions because they're able to have the session aimed more towards their individual needs. The therapist will generally create a dance therapy plan that is aimed towards improving the patient's unique set of symptoms, or any problems they may be concerned with. The level of intensity offered from the class will be adjusted for the patient's unique needs, possibly increasing over time.

Group Sessions

One of the main benefits of group sessions for fibromyalgia patients is the ability to connect with other people with fibro. This condition can sometimes make you feel isolated, which can lead to feelings of depression. By taking part in a group session, you're able to connect with others while also receiving the other benefits of dance therapy. The social aspect can help improve your self confidence, or simply make the session more exciting.

Benefits of Dance Therapy for Fibromyalgia

According to experts, the benefits from dance therapy for fibromyalgia are extensive, but some of the biggest benefits include:

- Anxiety reduction

- Body tension relief
- Chronic pain relief
- Depression relief
- Stress reduction
- Muscle building

As you know, reducing stress and building muscle is crucial for Fibromyalgia patients, and all of this can be done in just 30 minutes each day.

How to Find Dance Therapy

If you're looking to take part in group dance therapy, there's several clubs in areas throughout the world that offer this. A local center, like the Y.M.C.A, may offer dance therapy sessions for groups, and you'll need to call each location to find out if it's offered in your area. Additionally, individual sessions can be scheduled with private instructors, which you can find online through a quick Google search.