

# Here is another method

**Fibro-massage has in addition to the Rose method saved many people that are suffering of fibromyalgia. 200 000 to 300 000 Swedish people are suffering from the disease, mainly women.**

Fibro-massage is a mild massage method and is an especially mild form of massage, developed for people who are suffering with fibromyalgia. This gives pain relief, help to relax and an increased blood circulation. This method is based on two studies done during the 1990th.

– Fibromyalgia is a type of pain in the muscular part of our body, and it seems to come after long periods of heavy stress. Most people who are suffering from these kind of problems are more or less forced to use large quantities of painkillers and become very sensitive to the smallest amount of physical contact. It is therefore very important that we treat this very carefully, not to cause more pain, Stefan Göthager explains.

Stefan Göthager is a masseur and the initiator behind the Fibro-massage.

– Most patients experience a difference after a few sessions and after 6 to 7 treatments most patients experience a tangible improvement.

It took almost ten years and 3000 treatments for Stefan to develop Fibro-massage as a concept. The concept includes diet advice, relaxation training and psychological training

The massage stimulates the production of oxytocin, a hormone that helps the body to calm down and increase the feeling of general well being.

– The goal with the treatment is to create a deep relaxation, which helps the patient to recover, says Stefan.

By being sensitive to the patient's needs and reactions, Stefan has developed this treatment that has been proved to be very effective.

## Classic massage

In the early stages of the project/ study, Stefan took a decision, not to create new massage grips, but to use the ones already used in the classical/ traditional massage.

He wanted to make it easy for other masseurs/masseuses to learn this method without have to learn everything from scratch.

– It is very important for the the/a therapist to be present. It is easier for the patient to relax when he/she feels secure/ safe, when someone listens, confirms their symptoms and takes them seriously.

Stefan Göthager has together with a physio-therapist written down their experiences in a "Fibro-handbook".

The reader can find practical tips and advice when it comes to treatment, self-help and other matters

Micaela Nordberg

**Relaxation. Fibro-massage is very much like classic massage. The therapist creates a deep relaxation that helps the patient to relax and recover.**

**In the concept of fibro-massage includes diet advice, training on how to relax and **mental** training.**

## 200 000 Swedes are suffering with fibromyalgia

## Do you want to learn more?

Here you can learn more about the rosenmetoden, fibromassage and about the fibromyalgia syndrome:

[www.rtr-se.org/rosenmetoden.htm](http://www.rtr-se.org/rosenmetoden.htm)

[www.fibromassage.com](http://www.fibromassage.com)

[www.sjukvardradgivningen.se](http://www.sjukvardradgivningen.se) search for: fibromyalgia.