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May 30, 2011

 

## Music therapy ease pain in muscles, joints

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**London, May 27** (IANS) Music therapy combined with other relaxation techniques based on guided imagery, reduces pain, depression and anxiety and improves sleep in fibromyalgia, a condition that causes pain, stiffness, and tenderness of the muscles, tendons and joints.

It is characterised by restless sleep, chronic fatigue, anxiety, depression and disturbances in bowel function.

The experimental study, conducted by Maria Dolores Onieva Zafra at the Department of Nursery of the University of Granada, Spain, has shown that these two techniques enhance the well-being of fibromyalgia patients, the Pain Management Nursing journal reports.

Researchers applied a relaxation technique based on guided imagery and music therapy to patients, according to a Granada statement.

They were given a CD to listen at home. Then, researchers measured a number of variables associated with fibromyalgia symptoms, as pain intensity, quality of life and sleep disorders, among others.

The patients were given the chance to participate in their own treatment through an understanding of their condition.

The study confirms that the art of relaxation with guided imagery and receptive music therapy have proven effective in the alternative symptomatic treatment of this condition.

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**Damien Woody, Sweden**

May 27, 2011

Narcotic pain relievers are drugs used to treat moderate to severe pain. It works by soothing the pain preceptor in the brain. The doses given may vary depending upon the requirements of the patient or the level of pain. It is generally given to those people who are already being treated with a similar opioid pain medicine and the concerned body is tolerant to it. The participating should always be kept in a secured and safe place to avoid it's misuse

Narcotic pain relievers (hydrocodone, vicodin, lortab) can prove to be a very dangerous thing if it is misused or taken without any proper guidance. Findrxonline mentions that It should never be taken more than the prescribed dose. On the other hand, one should not just stop having this drug suddenly as it can lead to severe withdrawal symptoms.

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