



Exploring the connection between fibromyalgia and arthritis

June 12, 2025



Presenters



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Webinar tips

- Use the Q&A section to ask the presenters your questions. Some of the questions will be chosen for the live question period at the end of the webinar.
- Click on the Chat box to connect with other participants and the Arthritis Society's Canada's chat moderator.
- If you have further issues, email arthritistalks@arthritis.ca

The screenshot shows the Arthritis Society Canada webinar interface. The main content area displays the Arthritis Society Canada logo. On the right, a Q&A window is open, titled 'Q&A' with a close icon (X). The window contains the text: 'Welcome to Q&A' and 'Questions you ask the host and panelists will show up here'. At the bottom, there is a control bar with several buttons: 'Audio Setting' (with an upward arrow), 'Show captions' (with a CC icon), 'Q&A' (with a speech bubble icon), 'Chat' (with a speech bubble icon), and a red 'Leave' button. Three yellow callout boxes provide tips: 1. Top right: 'Click on the x icon to exit out of the Q&A or Chat' pointing to the close icon in the Q&A window. 2. Bottom left: 'Click here to access your audio settings' with a downward arrow pointing to the 'Audio Setting' button. 3. Bottom right: 'Click here to chat or to submit a question' with an upward arrow pointing to the 'Q&A' and 'Chat' buttons.



What is fibromyalgia?



Self-management strategies



Q & A

Thanks to our partners

Diamond Sponsor:



Bronze Sponsors:





How is fibromyalgia diagnosed?

Fibromyalgia diagnosis

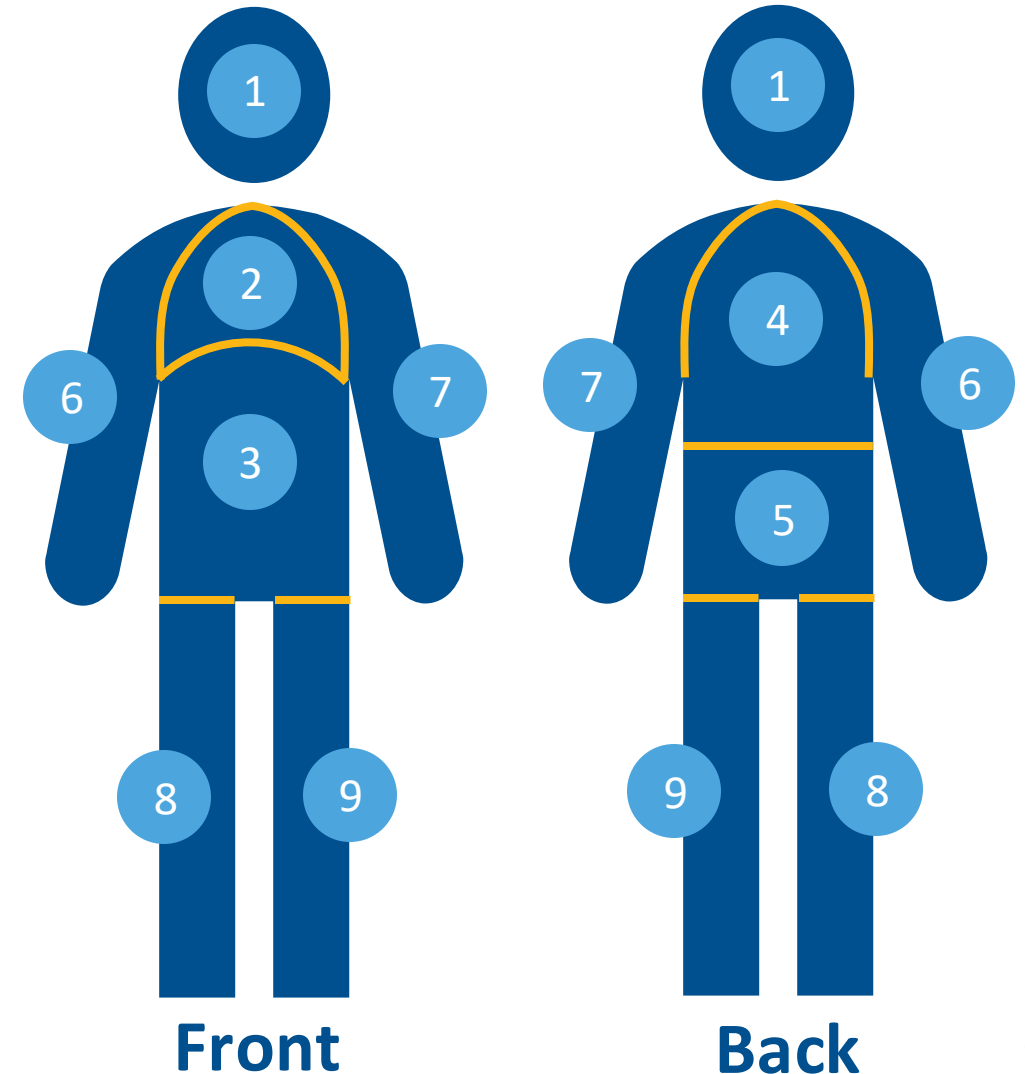
Multi-site pain: 6/9
regions



Sleep and/or fatigue
problems



Lasting >3 months



Pain mechanisms

Nociceptive
pain

Neuropathic
pain

Nociplastic
pain

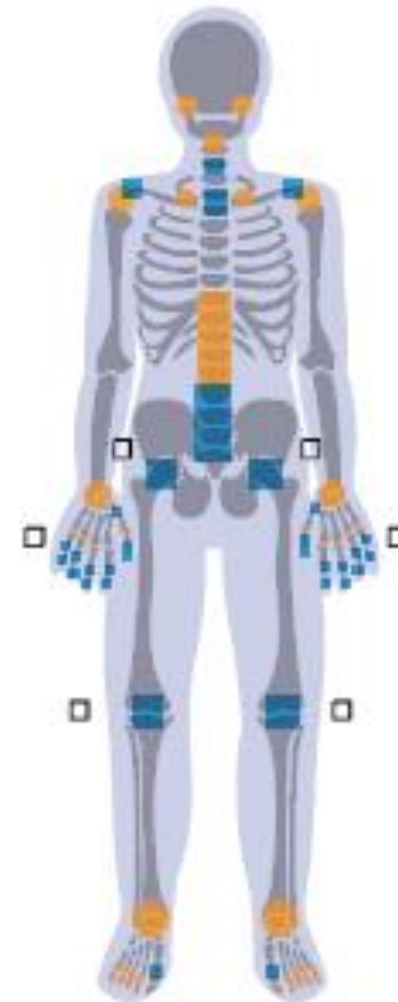
Who is at risk for getting fibromyalgia?





Inflammatory Arthritis vs Osteoarthritis

- Systemic Inflammatory³
(rheumatoid arthritis)
- Osteoarthritis³



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What can be done to manage fibromyalgia?

The pain cycle



Physical activity



Physical activity



Beginner exercises

Gentle range of motion



Diaphragmatic breathing



Low impact cardio



Isometric strengthening



Intermediate exercises



Stretching



Light resistance strengthening



Lighter impact cardio

Advanced Exercises



Body weight strengthening



Progressive weight training



Weightbearing cardio

Keep track



Find out what works for you

Footwear

Lace-up or velcro

Cushioned heel collar

Soft upper

Deep/wide toe area

Firm heel counter

Wide/stable heel

Non-slip/cushion sole



Posture makes a difference





Do you have any recommendations for managing fatigue?

5 Ps of fatigue management

Problem solving

Planning

Prioritizing

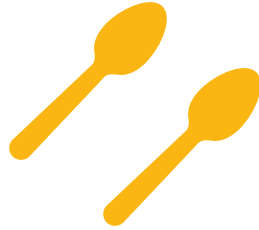
Pacing

Posture

Spoon theory



- Getting out of bed
- Brushing teeth
- Reading book



- Washing hair
- Driving to appointment
- Making lunch



- Making dinner
- Cleaning bathroom
- Taking kids to school

**How many spoons do your activities take?
What gives you spoons?**



Track your symptoms

DAILY SYMPTOM TRACKER

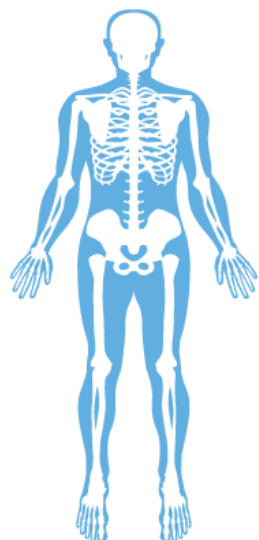
DATE:

NAME:

This is a great tool for you and your health-care provider to spot patterns and help manage your care. It is recommended you fill it out daily for at least two weeks prior to seeing your health-care provider.

MEASURE YOUR PAIN

Circle where it hurts:



Rank your pain:

1 ↔ 5
1 = minimal pain
5 = worst pain

Morning:

Midday:

Evening:

HOW WAS YOUR DAY?

Please rate yourself on the following scales:

Fatigue



1

2

3

4

5



No fatigue

Very tired

Mood



1

2

3

4

5



Happy/
relaxed

Depressed/
anxious

Stress



1

2

3

4

5



Low

High

Physical activity/exercise



1

2

3

4

5



Physical
activity

No physical
activity

Healthy eating



1

2

3

4

5



Healthy
eating

Unhealthy
eating

Social life



1

2

3

4

5



Lots of interaction
with family
and friends

No interaction
with family
and friends

Did anything out of the ordinary happen today?

Please make a note of anything that happened outside of your usual routine, e.g., activities, medications, treatments, overall health.

Sleep strategies



Activity modification



Change method



Use devices



Uses braces

Assistive devices



Bed making aid



Raised cushion



Jar Key



Raised toilet seat



Q: Any final thoughts or recommendations?



Breaking the pain cycle

Physical Activity and Exercise

Fatigue Management

Activity Modification

Sleep

Body Mind Wellness

Nutrition

Medication

Resources



**The Fibromyalgia
Support Network** 
Canadian Based • Global Outreach

519-453-3198 | admin@fibrosupportnetwork.com | fibrosupportnetwork.ca



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Smart Strategies to Manage Joint Pain & Stiffness

Expert tips and tricks to keep your joints healthy and active

[Join our next Arthritis Talk webinar](#)

How can we help?

Select an option to find out more

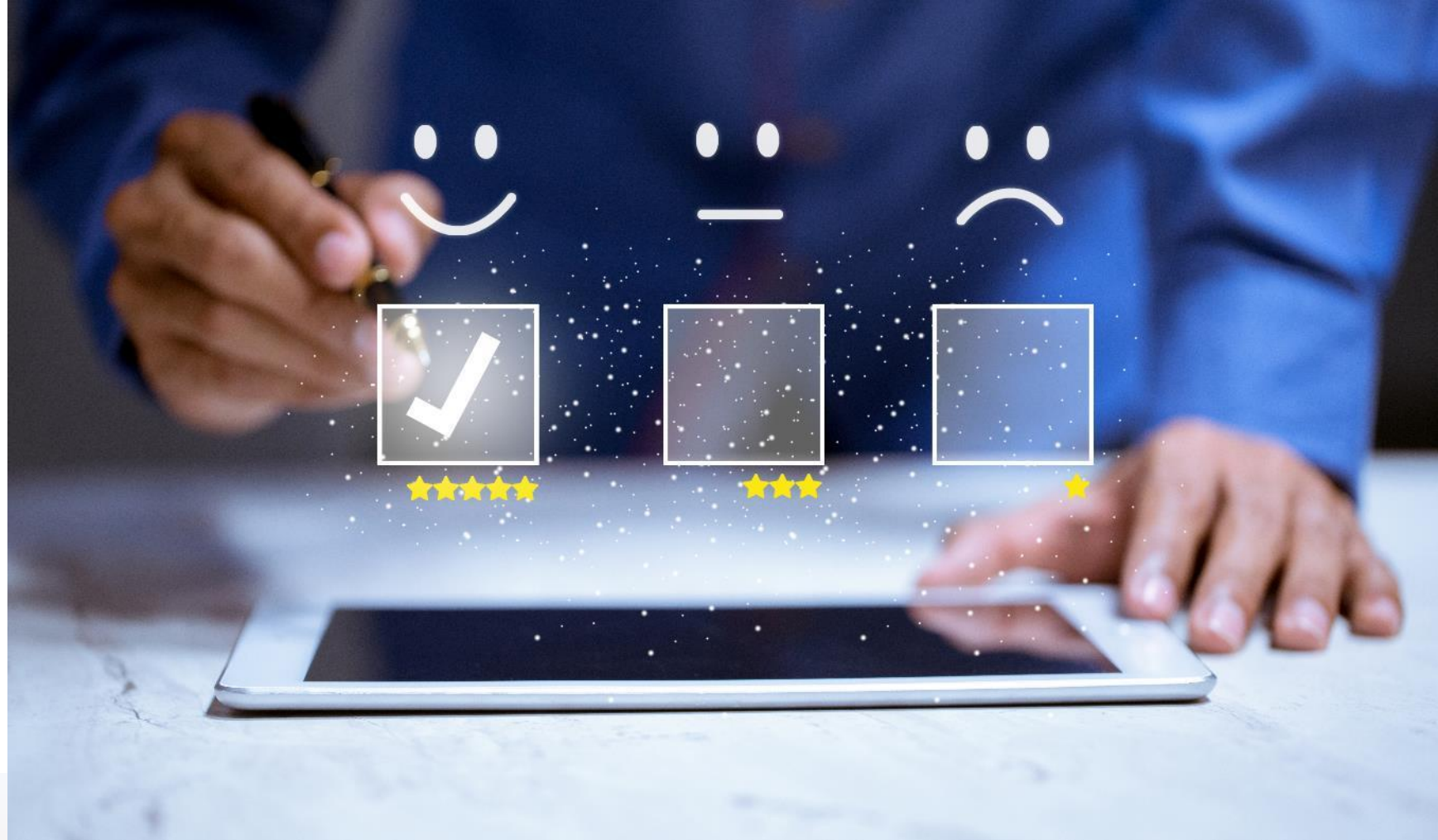





Q: What excites you about the future for those diagnosed with arthritis today?



Questions



Tell us what you think...

A photograph showing a male healthcare professional in a light blue shirt examining the knee of an elderly woman with white hair. The woman is sitting on a bed, and the professional is leaning over her, holding her knee with both hands. He is also holding a clipboard and a pen.

Waiting for Joint
Surgery – What You
Can Do Now

Wednesday, June 25, 2025 •
6 p.m. ET

Visit arthritis.ca/arthritis-talks to learn more

