

Fibromyalgia educational resources (ver. 5 Nov 2022)

- [Fibromyalgia Handout \(RheumInfo.com\)](#)
- [Fibromyalgia Educational Video by Dr. Andrea Furlan \(UHN/TRI\)](#)
- Fibromyalgia: A beginner's guide to start exercising by Dr. Andrea Furlan (UHN/TRI) - 4 part video series:
 - Part 1: [FIBROMYALGIA: A beginner's guide to start exercising](#)
 - Part 2: [FIBROMYALGIA: Resistance \(weight-training\) exercises to gain power and strength](#)
 - Part 3: [FIBROMYALGIA: A 20-min low intensity \(cardio\) exercise routine](#)
 - Part 4: [FIBROMYALGIA: A 15-min gentle stretching routine](#)
- [Fibromyalgia – including a video explanation \(via Mount Sinai Hospital New York, USA\)](#)
- [Fibroguide \(via University of Michigan-needs Flash\)](#). For the PDF version [click here](#).
- [Fibromyalgia \(NHS-UK\)](#)
- [Fibromyalgia \(BUPA-UK\)](#)
- [Fibromyalgia information sheet](#) (PDF-via Arthritis Australia website)
- [Chocrane.org: Fibromyalgia and Exercise](#)

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Source and most updated version:

[ClinicVisit.ca](#) (Patient Education Resources)