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**Table 3: Treatment of fibromyalgia**

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**Nonpharmacologic**

Education\*

Exercise programs

Aerobic: walking, swimming, bicycling

Stretching: yoga, Tai Chi

**Pharmacologic**

Nonnarcotic analgesics

Acetaminophen

Low-dose NSAIDs

Sleep medications

Low-dose amitriptyline or trazodone

Cyclobenzaprine

Zopiclone

Antidepressants (in patients with concomitant depression)

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Note: NSAIDs = nonsteroidal anti-inflammatory drugs.

\*In addition to local resources, patients may be directed to the Arthritis Society (800 321-1433, www.arthritis.ca).

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