

Lamb Program Treatment Protocol

Fibromyalgia

Fibromyalgia is a diffuse pain syndrome involving the spine and limbs. The Lamb Pain Clinic describes the condition as having several possible causes. However, the most common associated risk factors reported are major trauma or whiplash from an MVA, repetitive activity, and chronic stress or depression. All of which can act to cause muscle shortening along the spine and limbs

Using the Lamb Program specific for fibromyalgia syndrome, many people can benefit from using the program to stretch and elongate their spine and limb muscles appropriate for the condition. It is typically recommended to also include close medical monitoring, analgesics and anti-inflammatories as required and recommended by your doctor. Prior to using any of Lamb Program instructional videos, It is recommended that medical consultation be acquired.

By classifying the severity of FMS into three groups of mild, moderate and severe, we can then create more specific criteria using the Lamb Program.

1. Mild FMS is described as intermittent generalized pain. This person is usually able to work and perform many work and daily duties, but has some sleep disruption, and is bothered by pain
2. Moderate FMS is described as constant generalized pain. The pain will often vary from mild to more severe pain days. This person is easily aggravated by repetitive activity. This person may be able to work, but often with many days off and pain during the day. This person usually has regular sleep disruption, and is bothered by pain day and night. Chronic fatigue is present due in part by lack of sleep, the chronic pain and serotonin depletion.
3. Severe FMS is described as constant severe generalized pain. The pain is typically quite severe requiring narcotic opiate pain management (Oxycontin, Duragesic) and often antineuropathic agents (Neurontin or Lyrica). This person is easily aggravated by any activity. This person typically cannot work unless heavily medicated. This person usually has severe sleep disruption, and is bothered by severe pain day and night. Chronic fatigue is always present due to severe lack of sleep, severe chronic pain and serotonin depletion.

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Specific Protocols for FMS

For Mild Fibromyalgia Syndrome Protocol

View:

1. Understanding Pain and/or Understanding Chronic Pain video's/DVD's
2. New Tools For The Battle video's/DVD's
3. Understanding Fibromyalgia video's/DVD's
4. The Complete ASERT video's/DVD's to help learn relaxation training and relax muscles. This should be continued once per day.
5. If ASERT is tolerated, then initiate Stretching For Fibromyalgia for 1-2 months. If tolerated, then gradually increase the number of repetitions per day by 1 repetition per week until reaching 5-8 reps per day.
6. If the Stretching for Fibromyalgia is tolerated, then start the Complete ASERTIR video's/DVD's for learned relaxation with resistance training as an aid to help relax tightened muscle and help to introduce the concept of Resistance Stretching as in Level 2 and Level 3. ASERTIR be introduced after performing Level 1 Lamb Program for Fibromyalgia for about 1 month. This should be continued once per day
7. Eventually introduce Level 2 upper body and lower body using the FMS protocol from Level 1 and begin with adding 1 or 2 reps of Level 2 per week with 4-5 reps per day of Level 1 in between Level 2. Level 2 should gradually replace Level 1 over 2-3 months and be performed 4-6 times per day.

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8. Eventually introduce Level 3 upper body and lower body using the FMS protocol from level 1 and begin with adding 1 or 2 reps of Level 3 per week with 4-5 reps per day of Level 2 in between Level 3. Level 3 should gradually replace Level 2 over 2-3 months and be performed 4-6 times per day.
9. Maintenance of the Lamb Program is typically 1-2 sessions per day of any Level with the best results using the program once in morning and once a bed time. Maintenance is performed once the pain syndrome has much improved and good relief is already achieved. You may interchange any of the Levels as necessary.
10. The addition of a walking program for mild aerobic exercise can be helpful in relaxing and strengthening muscle. This is typically added around the 2 month point of the Lamb Program. As a general rule a gentle stretch (Level 1) should be performed before the walk and soon after to minimize muscle shortening from the walk. Some individuals actually stretch half way through the walk as they feel their leg muscles and back muscles tighten during the walk.
11. Resistance training (weight lifting) may eventually be added around the 3-4 month point of the Lamb Program. However, good muscle elongation (stretching) should be well established before the attempting resistance training (weight lifting), otherwise muscle shortening will reoccur quickly.

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For Moderate Fibromyalgia Syndrome Protocol

View:

1. Understanding Pain and/or Understanding Chronic Pain video's/DVD's
2. New Tools For The Battle video's/DVD's
3. Understanding Fibromyalgia video's/DVD's
4. The Complete ASERT video's/DVD's for learned relaxation training of muscles for 1 months until relaxation training is well learned. This should be continued once per day.
5. Then, after 1 month of ASERT, begin Stretching For Fibromyalgia beginning with the following selected exercises of the Fibromyalgia Program; The Blindspot, The Ear to Shoulder, The Thinker, The Shoulder Scratcher, The Hand and finger Pull, The Golfers Stretch, The Criss Cross, The Calf Press once in the AM and once before bed for 1-2 months. If the above is tolerated then add in the Back Scratcher, the Turnaround, Flamingo, Buddha, and very gently, the Hangman for 1-2 months. If that is tolerated then continue with the whole Fibromyalgia program. Then gradually increase the number of repetitions per day by 1 repetition per week until reaching 5-8 reps per day.
6. If the Stretching for Fibromyalgia is tolerated, then start the Complete ASERTIR video's/DVD's for learned relaxation with resistance training as an aid to help relax tightened muscle and help to introduce the concept of Resistance Stretching as in Level 2 and Level 3. ASERTIR be introduced after performing Level 1 Lamb Program for Fibromyalgia for about 1 month. This should be continued once per day.

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7. Once the Fibromyalgia Level 1 Program is mastered and ASERTIR is well performed, then gradually introduce Level 2 upper body and lower body using the FMS protocol from Level 1 and begin with adding 1 or 2 reps of Level 2 per week with 4-5 reps per day of Level 1 in between Level 2. Level 2 should gradually replace Level 1 over 3-4 months and be performed 4-6 times per day.
8. Once the Level 2 Program is easily performed, then gradually introduce Level 3 upper body and lower body using the FMS protocol from level 1 and begin with adding 1 or 2 reps of Level 3 per week with 4-5 reps per day of Level 2 in between Level 3. Level 3 should gradually replace Level 2 over 3-4 months and be performed 4-6 times per day.
9. Maintenance of the Lamb Program is typically 1-2 sessions per day of any Level with the best results using the program once in morning and once a bed time. Maintenance is performed once the pain syndrome has much improved and good relief is already achieved. You may interchange any of the Levels as necessary.
10. The addition of a walking program for mild aerobic exercise can be helpful in relaxing and strengthening muscle. This is typically added around the 4-6 month point of the Lamb Program. As a general rule a gentle stretch (Level 1) should be performed before the walk and soon after to minimize muscle shortening from the walk. Some individuals actually stretch half way through the walk as they feel their leg muscles and back muscles tighten during the walk.
11. Resistance training (weight lifting) may eventually be added around the 6-12 month point of the Lamb Program. However, good muscle elongation (stretching) should be well established before the attempting resistance training (weight lifting), otherwise muscle shortening will reoccur quickly.

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For Severe Fibromyalgia Syndrome Protocol

View

1. Understanding Pain and/or Understanding Chronic Pain video's/DVD's
2. New Tools For The Battle video's/DVD's
3. Understanding Fibromyalgia video's/DVD's
4. The Complete ASERT video's/DVD's for learned relaxation training of muscles for 1-2 months until relaxation training is well learned. This should be continued once per day
5. Then , after 2 months of ASERT, begin Stretching For Fibromyalgia beginning with the following selected exercises of the Fibromyalgia Program; The Blindspot, The Thinker, The Shoulder Scratcher, The Golfers Stretch, The Criss Cross, The Calf Press for 1-2 months. If the above is tolerated then add in the Ear to Shoulder, The Back Scratcher and the Buddha for 1-2 months. If that is tolerated, then add the Flamingo, and the Hangman very gently, the Hangman for another month. If that is tolerated then continue with the whole Fibromyalgia program. Then gradually increase the number of repetitions per day by 1 repetition every 2 weeks until reaching 5-8 reps per day
6. If the Stretching for Fibromyalgia is tolerated, then start the Complete ASERTIR video's/DVD's for learned relaxation with resistance training as an aid to help relax tightened muscle and help to introduce the concept of Resistance Stretching as in Level

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2 and Level 3. ASERTIR can be introduced after performing Level 1 Lamb Program for Fibromyalgia for about 4-6 months. This should be continued once per day.

7. If the Fibromyalgia Level 1 Program is mastered and ASERTIR is well performed, then gradually consideration for introduction of Level 2 could be considered. Both the upper body and lower body (of Level 2) using the FMS protocol from Level 1 and begin with adding 1 or 2 reps of Level 2 every 2 weeks with 4-5 reps per day of Level 1 in between Level 2. Level 2 should gradually replace Level 1 over 6-12 months and be performed 4-6 times per day.
8. If the Level 2 Program is easily performed, then consider gradually introducing Level 3 upper body and lower body using the FMS protocol from level 1 and begin with adding 1 or 2 reps of Level 3 per week with 4-5 reps per day of Level 2 in between Level 3. Level 3 should gradually replace Level 2 over 6-12 months and be performed 4-6 times per day.
9. Maintenance of the Lamb Program is typically 1-2 sessions per day of any Level with the best results using the program once in morning and once a bed time. Maintenance is performed once the pain syndrome has much improved and good relief is already achieved. You may interchange any of the Levels as necessary.
10. The addition of a walking program for mild aerobic exercise can be helpful in relaxing and strengthening muscle. This is typically added around the 6-12 month point of the Lamb Program. As a general rule a gentle stretch (Level 1) should be performed before the walk and soon after to minimize muscle shortening from the walk. Some individuals actually stretch half way through the walk as they feel their leg muscles and back muscles tighten during the walk.
11. Resistance training (weight lifting) may eventually be added around the 12-18 month point of the Lamb Program. However, good muscle elongation (stretching) should be well established before the attempting resistance training (weight lifting), otherwise muscle shortening will reoccur quickly.

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