

Swimming Fibromyalgia Exercise

Swimming

Swimming Exercise for Fibromyalgia is one of the few ways of getting exercise that improves your all-round fitness because it can boost strength, stamina and suppleness all at the same time, reducing fibromyalgia symptoms. Look at it as having all the cardiovascular benefits of running, walking, cycling, but with some of the strength-building effects of weight training and some of the suppleness - promoting effects of dance classes.

Swimming and water exercises are beneficial for fibromyalgia sufferers since water supports the body, cushioning your muscles and joints. There are many water exercises for fibromyalgia patients. If you can't swim - you can wear a floatation device, take a water aerobics class, do water yoga, stretch, or just walk in the water. These are all great exercises for FIBROMYALGIA that won't stress the body.

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Why Is Swimming A Valuable Fibromyalgia Exercise?

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Swimming Exercise for Fibromyalgia - It Is Kind To Your Body?

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Can Fibromyalgia Patients Swim for Exercise?

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What Muscles Are Used in Swimming By Fibromyalgia Patients?

Why is Swimming a Valuable Fibromyalgia Exercise?

Swimming uses all the major muscle groups, and is a demanding aerobic exercise that helps to keep your heart and lungs healthy. There is evidence that exercise protects people from fibromyalgia. Swimming also helps to keep your joints flexible as your limbs and body move through the water - especially the neck, shoulders, hips and groin. You can increase your level of physical activity by swimming, therefore increase the amount of energy you burn up - a vital component of a weight management program.

Another benefit from the strength and improved co-ordination you build up in swimming, is the reduction and risk of falls and hip fractures. Swimming will not build your bones because you need to perform weight-bearing, land-based exercises for this.

Swimming Exercise for Fibromyalgia - It Is Kind to Your Body?

Swimming is more kind to an fms patient than exercises that are land-based because your natural buoyancy in water

helps you avoid the jarring knocks that can cause injuries and pain. In water you weigh about a tenth of your normal weight, and the range of motion for the less fit person is much wider, as the water supports the weight of your limbs.

Therefore, swimming is great for fibromyalgia patients who want to exercise, but who might have problems with weight-bearing land-based activities. An added bonus is that the air around a swimming pool is usually very humid, which makes breathing more comfortable.

Can Fibromyalgia Patients Swim for Exercise?

Swimming is an activity for fibromyalgia patients of all ages and all levels of fitness, it is accessible to virtually everyone. Swimming is great for patients because they have to physically move the body and they can perform at their own level.

Your body shape will, however, determine how fast you can swim for a given level of effort. So, while being able to swim fast is a marker of improving fitness, try not to worry about the speed of other swimmers around you. What is important is improving your own speed and swimming for a reasonable length of time.

What Muscles Are Used in Swimming?

The particular groups of muscles used in swimming vary according to the stroke used. By using a variety of strokes such as the backstroke, front crawl (freestyle) and breast stroke all major muscle groups are used: abdominals, biceps, triceps, gluteals, hamstrings and quadriceps.

Learn more about the Benefits of Swimming for fibromyalgia sufferers.