

## PRECAUTIONS TO BE TAKEN BEFORE EXERCISE/REHABILITATION CONSIDERED



- Medical management must be optimized.
- Total illness burden must be assessed.
- Risk factors and pain generators must be determined and addressed.
- The reality of biological dysfunctions and limitations must be acknowledged.
- Activity boundaries and fluctuations must be recognized and accommodated.

## PRECAUTIONS

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- The treating doctor knows the patient best and should direct and coordinate all rehabilitative efforts, once the doctor determines the patient is in the recovery phase of FM.
- All rehabilitation personnel must be knowledgeable about FM.