History and physical exam

Diagnosis of fibromyalgia

If needed to exclude treatable comorbidities:
Laboratory and/or radiological exams
Referral to other specialists

Patient education and information sheet

*if insufficient effect*

Physical therapy with individualised graded physical exercise
(can be combined with other non-pharmacological therapies recommended such as hydrotherapy, acupuncture)

*if insufficient effect*

Reassessment of patient to tailor individualised treatment

Figure 2: Management recommendations as flowchart
Additional individualised treatment

Pain related depression, anxiety, catastrophizing, overly passive or active coping

Severe pain/sleep disturbance

Psychological therapies, mainly CBT (for more severe depression/anxiety consider psychopharmacological treatment)

Pharmacotherapy

Severe disability, sick-leave

Multimodal rehabilitation programs

Severe pain
- Duloxetine
- Pregabalin
- Tramadol (or in combination with paracetamol)

Severe sleep problems
- Low dose
- Amitriptyline
- Cyclobenzaprine or Pregabalin at night