### Autogenic Training and Physical Illness

**The Musculo-Skeletal System -**  **Standard exercise 1 - Heaviness**

### The Basic Structures

* Bones, muscles, tendons, ligaments, joints, cartilage

Giving rise to symptoms of

* Pain, stiffness, weakness, disability

**Arthritis**

Joint disease may be inflammatory as in

* Rheumatoid, SLE (systemic lupus erythematosis)
* Psoriatic
* Infective

Or degenerative as in

* Wear and tear from age or excess usage
* From old injury

The outcome is loss of articular cartilage inflammation and loss of synovial fluid with mechanical failure of the joint leading to pain, immobility, weakness and disability

AT will not repair the damage or lost tissue but it has the potential to

* Relieve stiffness
* Help to cope with pain
* Encourage activity
* Restore hope

Chronic pain is one of the greatest stressors engaging the Symptom Stress Spiral

Off- loading exercises are important addressing anxiety, anger and grief

**Fibromyalgia**

A chronic condition difficult to diagnose and difficult to treat with widespread pain, fatigue, poor sleep, disability and depression many symptoms that are also found in the Chronic Fatigue Syndrome

**Pain/tension Syndrome**

Excess mental activity can develop into

* Physical tension
* Physical fatigue
* Physical pain

*AT induces the relaxation response, muscles rest and build up glycogen stores*

*Initially AT practice can result in increased pain as muscles release tension and stretch*