

## Our Therapists

### Renee Volpe VanWie, MS, PT, OCS

Graduated Magna Cum Laude from the University of Pittsburgh with a Bachelor of Science degree in Physical Therapy in 1982 and a Master of Science degree in Health Science Administration and Community Health from Towson State University in 1994. Renee is board certified as an Orthopedic Clinical Specialist by the American Board of Physical Therapy Specialists. Renee specializes in orthopedics, fibromyalgia, chronic pain, incontinence, and vestibular rehabilitation. Aside from her clinical work she is a certified "People with Arthritis Can Exercise" instructor and "Fibromyalgia Self Help Class" instructor. Renee is a member of the American Physical Therapy Association including its Orthopedic and Women's Health sections.

### Teresa A. Rimel, PTA

Graduated Summa Cum Laude from Anne Arundel Community College with an Associates in Applied Science degree as a Physical Therapist Assistant in 2015. Prior to joining Severna Park Physical Therapy, Teresa created the Central Maryland Fibromyalgia Support Group and has been the coordinator of the group since 2011. Teresa specializes in orthopedics, geriatrics, aquatics and chronic pain conditions such as fibromyalgia and arthritis and related conditions. Teresa also specializes in Exercise Program Design for Special Populations.



## Our Office

### Hours

Our office open Monday, Wednesday, and Friday from 8:00 a.m. to 6:00 p.m. Tuesday and Thursday from 9:00 a.m. to 1:00 p.m.

Evening appointments available to assist our school and working parents. Appointments available within 24 hours of calling our office.

### Insurance

As a convenience to our patients, we will submit itemized bills to your insurance carrier. We participate with most of the insurance companies. Please call for a complete list of accepted insurance carriers.

## Severna Park Physical Therapy

844 Ritchie Highway, Suite 208  
Severna Park, MD 21146  
410-544-0773

Website:  
[www.severnaparkphysicaltherapy.com](http://www.severnaparkphysicaltherapy.com)

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[www.facebook.com/severnaparkpt](http://www.facebook.com/severnaparkpt)



## Severna Park Physical Therapy

# Fibromyalgia Program

A unique approach to the management of fibromyalgia that utilizes clinical physical therapy principles as well as health and wellness education.



## What is the Fibromyalgia?

According to the American College of Rheumatology: Fibromyalgia is a common neurologic health problem that causes widespread pain and tenderness. The pain and tenderness tend to come and go and move about the body. Most often, people with this chronic (long-term) illness are fatigued and have sleep problems. Diagnosis can be made with a careful examination.

### Fast Facts

- Fibromyalgia affects 2 - 4% of the population, women more often than men.
- Fibromyalgia is not an autoimmune or inflammation-based illness, but research suggests that the nervous system may be involved.
- Doctors diagnose fibromyalgia based on all the patient's symptoms (what you feel), no longer just on the number of tender points during examination. (New Diagnostic Criteria encompassing Symptom Severity Score developed in 2010).
- There is no test to detect this disease, but you may need lab tests or X-rays to rule out other health problems.
- Physical therapy can increase physical condition and health.
- Patients also may feel better with proper self-care, such as exercise and getting enough sleep.

## Symptoms:

Widespread Musculoskeletal Pain  
Fatigue  
Morning stiffness  
Non-Restorative Sleep  
Headaches / Migraines  
Ringing in the ears  
Poor Balance and Coordination  
Cognitive Deficits (Fibro Fog)  
Restless Leg Syndrome  
Irritable Bowel Syndrome  
Gastroesophageal Reflux Disease  
Pelvic Pain  
Anxiety / Panic Attacks  
Depression  
Heart Palpitations  
And more...

Devin Starlanyl, Author  
*Fibromyalgia and Chronic Myofascial Pain: A Survival Manual*  
2nd Ed., 2001

ACR Information: <https://www.rheumatology.org/I-Am-A/Patient-Caregiver/Diseases-Conditions/Fibromyalgia>

Our office is also home to the

**Central Maryland  
Fibromyalgia  
Support Group** 

### Contact Information:

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[www.Facebook.com/MDFibroSupport](http://www.Facebook.com/MDFibroSupport)

## What is the Fibromyalgia Program?

Our program offers you a unique approach to the management of fibromyalgia that utilizes clinical physical therapy principles along with health and wellness education.

Several evidence-based research studies have shown that physical therapy can improve physical function and overall wellbeing for patients with fibromyalgia.

Our physical therapy program centers on helping you regain control of your fibromyalgia symptoms as you focus on exercise, education, and lifestyle changes rather than on the chronic problems of pain, stiffness, and fatigue.

Additionally, patient education is potentially the most crucial part of the treatment process and our commitment to education is what sets us apart from other health professionals.

## Our Program Contents

- I. Comprehensive Physical Therapy Evaluation by our Physical Therapist
- II. Development of Individualized Physical Therapy Program
- III. Education Program
  - A. Understanding Fibromyalgia
  - B. Exercise for Fibromyalgia
  - C. Energy Conservation & Pacing
  - D. Pain Management
  - E. Importance of Relaxation
  - F. Sleep Disruption
  - G. Chronic Illness & the Stages of Grief
  - H. Living Well with Fibromyalgia