

BRIEF REPORT

PHYSIUM massage in patients with Fibromyalgia

*Saló Darder, Jordi.**

* Centre de Fisioteràpia Saló Darder. Barcelona. 2012.

BACKGROUND: massage could be a useful therapy for patients with fibromyalgia

OBJECTIVE: to evaluate the effectiveness of therapeutic massage administered through FISIUIM in chronic low back pain inpatients affected of fibromyalgia.

DESIGN: The study of data of 4 cases of patients with fibromyalgia collected in a longitudinal, prospective manner in order to compare data before-and-after treatment.

PARTICIPANTS: 4 women with fibromyalgia confirmed clinically. Patients received a minimum of 5 sessions and a maximum of 7 sessions of 60 minutes once every 7-10 days.

MEASUREMENTS: The study assessed the reduction of pain according to the VAS scale.

RESULTS: PHYSIUM presents a change pain reduction of 87.5% in neck pain during sessions 6 to 8, and 100% reduction in patients with back pain.

CONCLUSION: PHYSIUM reduces chronic neck pain and lower back pain, with a very good tolerability and safety.

KEY WORDS: massage; Fibromyalgia; pain; chronic neck pain; chronic lower back pain

Fibromyalgia is a common, costly and debilitating illness which affects mostly women. It affects population at a socioeconomically active age and represents a burden for the patients and the health care system due to its personal and functional implications. Massage is a popular treatment which holds promise for reducing fibromyalgia symptoms (Brattberg, 1999). The Cochrane review concludes that there is little scientific evidence for the effectiveness of multidisciplinary rehabilitation for the musculoskeletal disorders (Karjalainen et al, 2008; Bush et al, 2005). However, multidisciplinary rehabilitation is a commonly used intervention for chronic musculoskeletal disorders, which cause much personal suffering and substantial economic loss to society. At this moment, there is no completely effective treatment for fibromyalgia (Cedraschi et al, 2004; Crawley, 1997; Sunshine et al 1996; Gowans et al, 2001; Holdcraft et al, 2003; Jones et al, 2001; Redondo et al, 2004; Sim et al, 2002), a PHYSIUM is a non-invasive device that produces a standardized massage by a negative pressure seems to be a promising alternative.

The objective of this study is to evaluate the effectiveness of therapeutic massage administered through FISIUIM in chronic low back pain inpatients affected of fibromyalgia.

MATERIAL & METHODS

We present the data of 4 women with fibromyalgia. Data were collected in a longitudinal, prospective manner in order to compare data before-and-after treatment.

Population and treatment

4 women, older than 18 years, with fibromyalgia confirmed clinically and affected of acute back were analyzed.

The treatment with **PHYSIUM** has been carried out in a protocolled way, in 60-minute sessions applied once a week. Each patient has received from 4 to 10 sessions according to his or her medical response.

The treatment was divided into three stages. The maneuvers treatment only started after the visit 3. Each treatment modality has different treatment dose:

1. General treatment (GT): Patients receive a general treatment of the whole spine from the pelvis posterior, lateral and anterior, and from the coccyx to the nape line and cervical anterior area (ECOM, scalene, plexus).

2. *Local treatment (LT)*: Patients, who present more pain in the spine vertebral area (cervical/lumbar), have to choose whether to start by cervical or lumbar area. Once patients respond to the first area treated, the second most affected spinal area begins to be treated.

3. *Maneuvers (M)*: Patients, who present a specific localized pain or some point that can limit the movement, receive the maneuver treatment from visit 3 and/or subsequent, in order to release the painful point.

This therapeutic regime is applied to all patients without differences for sex, weight, age (elderly) and state of health (patients with severe disease).

Evaluations

The primary endpoint for the evaluation of efficacy was the change in the VAS pain score (100 mm visual analogue scale [VAS]), (Collins, 1997; Hsieh, 1992) between baseline and the final examination on 4 w or later.

RESULTS

4 patients were included in the study. 3/4 was diagnosed of fibromyalgia by a physician. 1/4 patient a traumatologist indicated that she could be a fibromyalgia process. Patients were treated of cervical and lumbar pain. An improvement chain of neck pain, low back pain associated with neuropathic improvements in the extremities (hypersensitivity to contact, pain in extremity, ...) were observed. In these patients with fibromyalgia, the average neck pain baseline in the VAS scale was 8 points, showing an average reduction at the end of treatment of 7 points. Most of patients responded to the neck pain treatment between sessions 6 and 8. The average back pain baseline in the VAS scale in was 5,25 points, showing a pain reduction of 5,25 points in VAS.

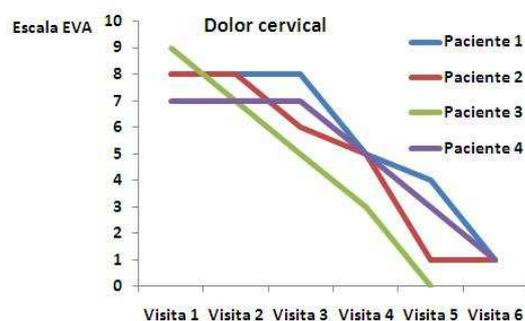


Fig 15: Neck pain reduction (VAS) after treatment with Physium in patients with fibromyalgia

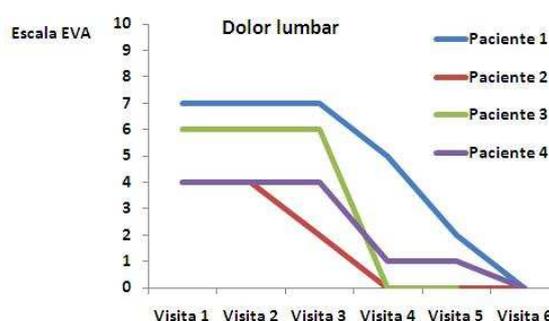


Fig 16: Back pain reduction (VAS) after treatment with Physium in patients with fibromyalgia

Relapses : Patients with neck pain presented a pain-free period of one month and patients with back pain 2 months. Patient 4 responds to the treatment but relapses after a month and a half, therefore another maintenance session was applied.

CONCLUSIONS

PHYSIUM is an encouraging treatment as people suffering from fibromyalgia have such pain they can't have a normal live, it is conditioned by the pain; they are very difficult to treat and they don't respond to regular treatments. It was safe and demonstrated by a reduction of pain in the acute and chronic back pain change from baseline in the VAS pain score and no severe adverse events.

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MC Health Tech, C/ Angli 31, 4º 1ª, 08017 Barcelona, Spain.