

Literature

PHYSIOMED ELEKTROMEDIZIN AG

ADDRESS
Hutweide 10
91220 Schnaittach/Laipersdorf
Germany

PHONE +49 (0) 91 26 / 25 87 - 0
FAX +49 (0) 91 26 / 25 87 - 25
E-MAIL info@physiomed.de
WEB www.physiomed.de

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Institution:

University of Rostock, Chair of Complementary Medicine, Germany

[Abstract of the original paper cited above](#)

BACKGROUND AND RATIONALE

The aim of the study was the evaluation of the tolerability of treatment with vibration massage (deep oscillation) and of the effects on symptom severity, pain, and quality of life in patients with fibromyalgia (FMS).

MATERIAL AND METHODS

Patients (n = 70, age: 57.3 ± 10.5 years) were assigned to receive 10 treatments with deep oscillation massage with an electrical device within 5 weeks. Outcome parameters were adverse events, the fibromyalgia impact score (German version (FIQ-D)), the subjective pain (VAS), the quality of life (SF-36) and the McGill Pain Questionnaire (MPQ). Data was collected at baseline (I1), after completion of treatment (I2) and additionally 2 months after I2 (I3).

RESULTS

Sixty-three patients finished the study per protocol. At I2 and I3, the FIQ-D and all measures of pain and quality of life were improved clinically relevant (p<0.001). At I2, patients reported that the adverse events related to treatment (n=56, mainly pain and fatigue) were mild and short lasting, they did not result in dropouts. Twenty-nine patients did not report any adverse events. Patients rated the tolerability of the treatment as "good" with a mean of 1.8 (95 % CI 1.53;2.07) (5 point Likert scale).

CONCLUSION

The results of the study suggest that a treatment series with deep oscillation massage has a longlasting effect on symptoms of fibromyalgia, pain and quality of life. As it was well tolerated, it may be a useful and safe tool for the symptomatic treatment of FMS.