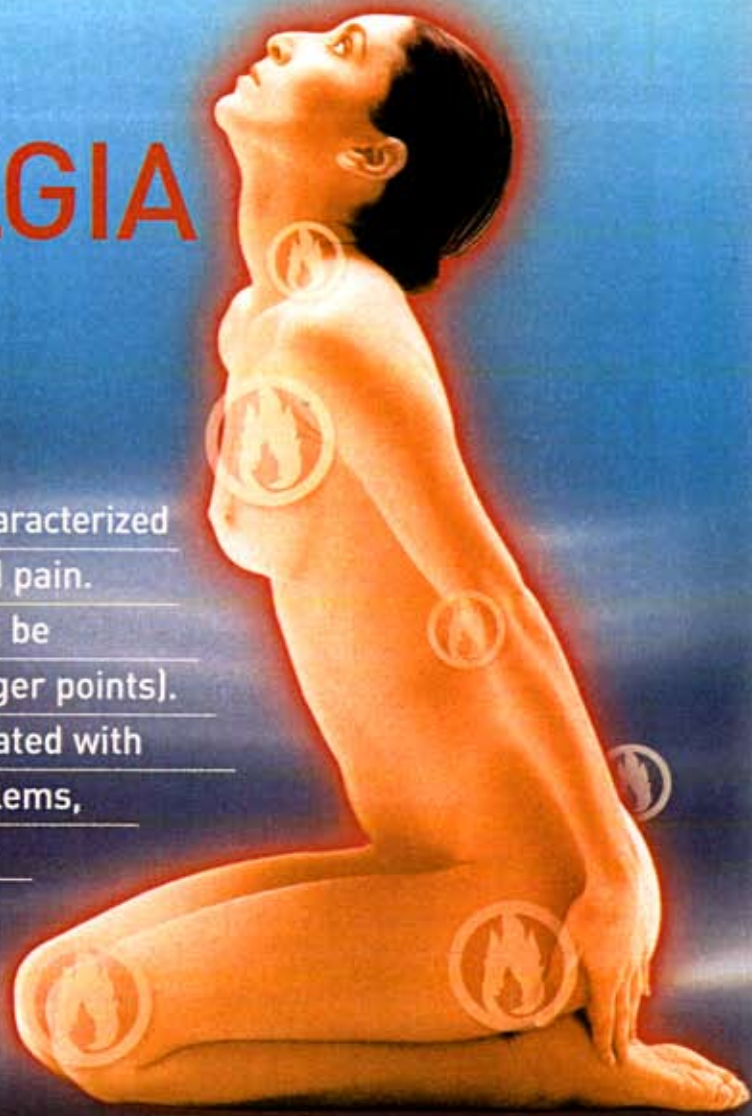


FIBROMYALGIA AN INVISIBLE DISABILITY

Fibromyalgia is a mysterious syndrome characterized by chronic inexplicable and non-localized pain. At least twelve specific points of pain can be identified upon clinical examination (trigger points). This pain is almost systematically associated with asthenia, sleep disorders, digestive problems, headache, anxiety and sadness.

] Clélia Emiliozzi [



Recognized by the WHO in 1992, this "pain amplification syndrome" affects 2% of the population (7 women for every man).

How much do you know?

One of the most difficult aspects of the syndrome is the absence of x-ray, biological and clinical signs, aside from the at least "twelve trigger

points": and they need to be localized when fibromyalgia "has been hurting everywhere" with muscular pain throughout the body for more than three months! Patients with fibromyalgia are tired and tire quickly. The sleep they get is not good and doesn't allow them to recover. They are anxious, depressed, have memory loss, feel like their "head's in a vice"

...life is impossible.

It's crucial to recognize this painful condition for what it is and not attribute the suffering to simple depression: the vicious circle of "pain - anxiety - insomnia - muscular fatigue due to poor physical condition" responsible for this functional and social and professional handicap must be broken. Treatment is often comprehensive using extre-

mely gentle massages, anti-depressants, pain relievers and vitamins and shows variable efficacy based on data in the literature [1, 2, 3].

LPG® study and results

A pilot study using the LPG Technique has just been completed in Ohio (USA) by Dr Gordon, a physical therapy and rehabilitation specialist.

Ten patients with fibromyalgia

FIG. 1: FUNCTIONAL SCORE EVOLUTION BASED ON FIG



FIG. 2: VISUAL ANALOGICAL SCALE BASED ON FIG

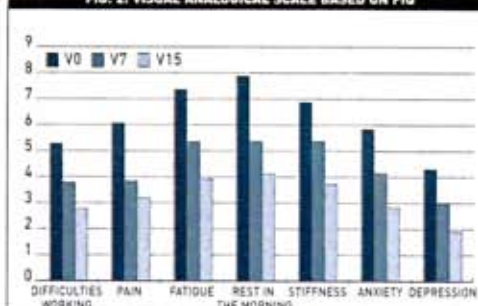


FIG. 3: PAIN SCORE UPON CLINICAL EXAMINATION



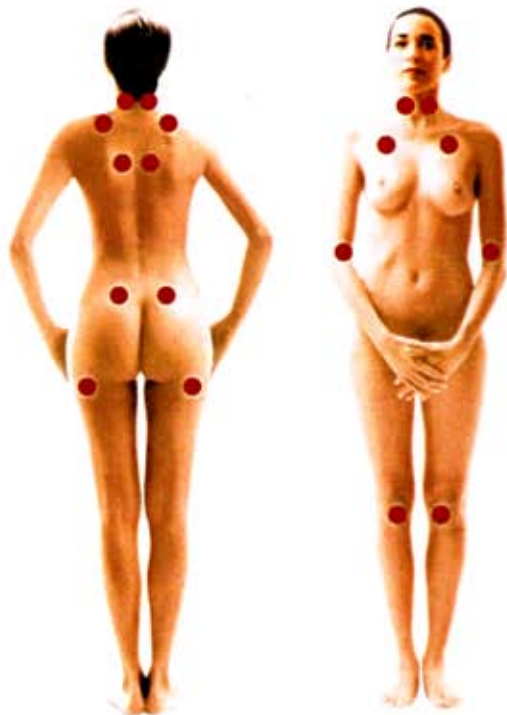


Fig. 2: the 18 "trigger" points. Fibromyalgia "hurts everywhere" with muscular pain throughout the body... Fibromyalgia patients are tired and don't get good, healing sleep.

(mean history of the syndrome: 8 years) with average age of 46.8 years received one 35-minute LPG session per week for 15 weeks in the framework of a well-defined protocol [cf. protocol included on the right].

Evaluations before treatment (V0), after 7 sessions (V7) and after 15 sessions (V15) were performed as follows:

- using the FIQ (Fibromyalgia Impact Questionnaire), a specific validated self-questionnaire. This questionnaire was used to determine a functional score (0 to 3) that accurately rates the level of difficulty the subjects experience while performing 10 daily tasks (shopping, washing dishes, making a bed, walking in the street, driving, ...). In addition, the VES (Visual Evaluation Scale from 0 to 10) self-evaluation questionnaire evaluated 7 items: work, pain, fatigue, morning asthenia, stiffness, anxiety and depression.

- using the clinical examination counting the number of trigger points and their respective intensity (0 none to 4 unbearable). The pain score is the sum of all trigger points weighted by their respective intensity and varies from 0 to

72 (18 intensity points of 4).

Though no other medication was given in addition to the patients' usual treatment during this period (2 were taking anti-depressants, 6 were on non-steroidal anti-inflammatory products), all evaluation parameters had improved by V7 using the LPG Technique. By V15 and compared to V0, the functional score of the FIQ had improved significantly by 60% [1 to 0.4] (Fig. 1) and all VES (Fig. 2) had decreased significantly by 50%.

Moreover, the mean number of painful points identified during clinical examination was also significantly decreased by 50% (15.6 to 7.6) and pain score improved by 60% [26.7 to 10.22] (Fig. 3).

Finally, acceptance of treatment was good: 67% of the patients found the LPG treatment to be relaxing, 89% considered to be a help and 89% wished to continue the sessions.

In conclusion, in light of these preliminary results (study to be published), the LPG Technique provides adaptable, specific and effective tissue stimulation and can clearly provide relief for fibromyalgia patients. ■

1 ■ 1. BRATTBERG G., *Connective tissue massage in the treatment of fibromyalgia*. Eur J Pain 1999; 3 (3): 235-244
 2 ■ 2. MILLEA PJ, HOLLOWAY RL., *Treating Fibromyalgia*. American Family Physician, 62, 7, October 1, 2000; 1575-1582, 2000
 3 ■ 3. OFFENBÄCHER M, STUCKI G., *Physical therapy in the treatment of fibromyalgia*. Scand J Rheumatol 2000; 29 Suppl 113: 78-85.

CELLU M6 PROTOCOLS

On the Cellu M6® Keymodule i, 30 minutes of full-body workout with LPG® Bodywear.

→ Programming:

» Free menu : name the file

» Mode: continuous

» Principal head:

① Both rollers rotating in the same direction

② Roller V1 80, roller V2 60

» Intensity level 1: begin at 1 and adjust based on subject feed-back

→ A session:

The patient is placed in a resting position with his/her muscles relaxed.

Each area is treated using direct movements with the rollers parallel to the muscle fibers (Fig. 1) and no pressure on the treatment head.

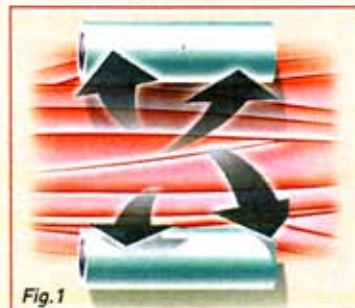
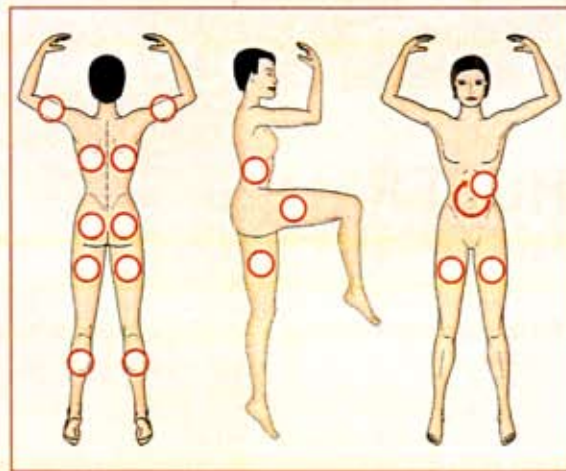


Fig.1

The practitioner progressively begins "Rock" followed by "Swing" movements (except on rib cage). These operations should not be painful.



Time spent treating each area is adapted for each subject, focusing on the 18 "trigger" points (Fig. 2) depending on the subject's condition.

- Neck at the base of the hair
- Shoulders
- Back
- Upper inner third of buttock
- Back of hip behind the greater trochanter
- On sides of neck
- Top of chest
- Side of elbow
- Internal surface of knee ■

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