107 - MANUAL THERAPY IN THE FIBROMYALGIA TREATMENT

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INTRODUCTION

The fibromyalgia is a chronic painful syndrome of unknown cause. With predominant incidence on the feminine sex from 30 to the 50 years of age. It is characterized by a diffuse pain in the muscles, tendons, bones and joints, beside the painful specific anatomical small areas, called tender points, possibly found in a number from 11 to 18 points in the whole body. Frequently, other symptoms are associated, as the lack of sleep, fatigue, numbness, chronic headache, morning stiffness, psychological disturbs, as anxiety, stress and depression (BIENFAIT, 1991; WARREN, 2003).

The patient with fibromyalgia presents difficulties with the daily life activities, with work related activities, personal relations and interference in the leisure, due to intermittent pain that he can presents (CHAITOW, 2002).

Tehre are some factors that can influence the symptoms, or either, that aggravate the pain of the fibromyalgic patient, such as the climatic alterations, the degree of physical activity and the emotional alterations (CHAITOW, 2001). This syndrome also can be presented separately or associated to other syndromes, clinical diseases or even rheumatologic illnesses, as hipotireoidism, systemic eritematoso lupus and arthritis (LEDERMAN, 2005).

North American studies indicate that the fibromyalgia occurs in people of better educational level and also in, happens primarily in the lower social class (SAHRMANN, 2006).

The subject choice occurred due the necessity to demonstrate, through a case study, one more form of treatment of the patient with fibromyalgia, so that the physiotherapist can reduce its symptoms and increase its functional abilities in the daily tasks.

This objective research studies the treatment of the fibromyalgia using manual therapy techniques as the main resource of the physical therapy.

CASE REPORT

This research is a case report, carried through by an analysis of only one citizen, having as the base, the data collected in the initial evaluation. Myofascial techniques of manual therapy had been used in the treatment of the fibromyalgia to improve the symptoms of the patient.

To participate of the study, the patient was informed about the procedures and the intentions of the research, allowing its inclusion in the study through the signature of a clear and free permission term, based in the resolution nº 196/1996 of the National Advice of Health (Conselho Nacional de Saúde).

The citizen of the research is a voluntary patient, of the feminine sex, 48 years of age, diagnosed with fibromyalgia for one year. In the evaluation history, she declared diffuse muscular pains, lack of sleep, morning stiffness, anxious personality and no physical exercises. At the physical examination, it was found, through the palpation, painful points in the occipital region, low cervical, trapezius, supply-spinatus, lateral epicondyle and gluteous. Moreover, it presented increased muscular tension in the paravertebral muscles, generalized fatigue and limitation of the range of movement due to the excessive pain.

The patient was submitted to a treatment protocol of twenty sessions with myofascial techniques of manual therapy, being made three times a week, with duration of sixty minutes each one. An analogical visual scale of pain was used (Figure 1), to mesure the pain degree during the sessions, since pain is difficult to quantificate (MOREIRA, 1996).

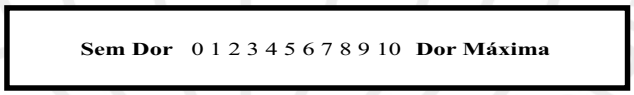


Figure 1: Analogical visual scale of pain.

To evaluate pain, it was required the patient to analyze, inside the ten options, the degree of the pain related in 1ª, 5ª, 10ª, 15ª and 20ª session.

The treatment program carried through during the twenty sessions included:

· Release technique for the paravertebral muscles with patient on side lying position.
· Release technique of the scapulas with patient in side lying position.
· Release technique for the superior trapeze, starting at the cervical spine until the deltoid;
· Scalene release maneuver and pompage of the sternocleidomastoideous;
· Pompagem of the suboccipital muscles;
· Myofascial release technique of the upper limbs;
· Relaxation exercises and global stretching;
· Use of the ultrasound in the painful points.

The results during this research, with the use of the treatment program cited previously, had shown, through the analogical scale of pain, as it shows Table 1, the gradual improvement of the patients symptoms, such as: quality of sleep, intensity of pains, tension and fatigue, range of movement and social and familiar conviviality.

It is important to stand out that the accompaniment of a multiprofessional team, associate to the physical therapy treatment, is essential for the improvement of the fibromyalgic patient (LEDERMAN, 2005).

Table 1: Mensure of the pain related with the treatment session.

RESULTADO COMPARATIVO DA DOR	
Dia	Mensuração da dor
1º	Grau 9
5º	Grau 7
10º	Grau 6
15º	Grau 4
20º	Grau 2

DISCUSSION

At the medical doctor's offices, the syndrome of the fibromyalgia is the third cause of reumatologic illness, mainly in women (TEIXEIRA, 2001).

There is no evidence of laboratorial and radiological abnormalities, then the diagnose criteria of fibromyalgia is based on clinical history and the physical examination of the patient, mainly to identify the amount of painful points, since, to be characterized as

fibromyalgy syndrome, the patient needs to all have from 11 the 18 points identified in the whole body (KAZIYAMA, 2001).

It was found in the literature that the use of the transcutaneous electric nervous stimulation (TENS), of the ultrasound, the acupuncture, the electroacupuncture and the biofeedback, are efficient resources used in the treatment for the improvement of the painful symptoms.

Moreover, the findings had shown that there are several manual therapy techniques for treatment of the fibromyalgia, as, for example, the massage, the neuromuscular technique(TNM), the osteopathy technique, the chiropractic, the vertebral manipulation, the craniossacral techniques, the trigger points therapy and the techniques of myofascial release 4.The last one was the boarded technique in the treatment of the patient cited in this study of case, where we could observe a satisfactory result at the end of the twenty sessions. In literature it was found no scientific article with a case report of patients with fibromyalgia emphasizing the treatment with manual therapy.

CONCLUSION

We conclude, from the present study, that the patient with fibromyalgia can be highly benefited, assisting its treatment with the manual therapy, therefore it promotes improvement of pain and the other symptoms, since it is a easy application and free of collateral effect, when it is applied correctly. This way, the physical therapists can reestablish the physical capacity, keeping the functionality and promoting well-being and improving the quality of life of the patients with fibromyalgia.

The positive response found in this case study suggests that new studies can be carried through with bigger groups of patients with the same profile, in a way that serves as a base for the physical therapy professionals, in the direction to guide them in the treatment of their patients.

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MANUAL THERAPY IN THE FIBROMYALGIA TREATMENT

Abstract

The present research shows the treatment of fibromyalgia using the techniques of the physical therapy. It's a case research with a female patient who has fibromyalgia. The data were collected through clinical history, in which the patient related her symptoms, and through physical examination, in which the tender points were found. Twenty manual therapy sessions were held through myofascial techniques, besides the stretch exercises, relaxing and ultra-sound in the tender points to help in the patient's treatment. In order to measure the patient's pain level, a pain visual analogue scale was used in the 1st, 5th, 10th, 15th and 20th sessions. It's been observed that, the manual therapy treatment had an important result in the reduction of the symptoms impact of fibromyalgia in the patient's life, improving her functional capacity and contributing to maintain her quality of life.

Key words: fibromyalgia, physical therapy, treatment.

THERAPIE MANUELLE DANS LA FIBROMIALGIE

Résumé

Cet etude a eu comme but etudier le traitement de la fibromialgie par des techniques de therapie manuelle comme principale outil de la Physiotherapie. Cet un cas avec um patient du sexe feminin avec fibromialgie. Par l´anamnese les donnés ont demontrés les sintomes, l´examen physique á fait les points douloureux avec tension appelés de tender points. Aprés 20 seances de therapie manuelle par des techniques miofaciales, exercices d´ etirements, relaxation et ultra-son dans les points douloureux, pour aider le traitement du patient. Pour la mesure de la douleur, nous avons utilisé l´echelle analogue visual dans la 1ére, 5éme,10éme,15éme et 20éme seance. Le traitement avec la therapie manuelle a eu des resultats importants avec diminuition des douleurs de la fibromialgie dans la vie du patient, amelioration de sa capacité fonctionnel et qualité de vie.

Mots Clés: Fibromialgie, therapie manelle, traitement.

TERAPIA MANUAL EN EL TRATAMIENTO DE FIBROMYALGIA

Resumen

La actual investigación demuestra el tratamiento del fibromyalgia usando las técnicas de la terapia física. Es una investigación del caso con un paciente femenino que tenga fibromyalgia. Los datos fueron recogidos con la historia clínica, en la cual el paciente relacionó sus síntomas, y a través de la examinación física, en la cual los puntos blandos fueron encontrados. Veinte sesiones manuales de la terapia fueron llevadas a cabo con técnicas myofascial, además de los ejercicios del estiramiento, de relajar y del ultrasonido en los puntos de la oferta de ayudar en el tratamiento del paciente. Para medir el nivel del dolor del paciente, una escala análoga visual del dolor fue utilizada en las 1ras, 5tas, 10mas, décimo quintas y vigésimas sesiones. Se observa que, el tratamiento manual de la terapia tenía un resultado importante en la reducción del impacto de los síntomas del fibromyalgia en la vida del paciente, mejorando su capacidad funcional y contribuyendo para mantener su calidad de la vida.

Palabras - claves: fibromyalgia, terapia física, tratamiento.

TERAPIA MANUAL NO TRATAMENTO DA FIBROMIALGIA

Resumo

O presente estudo objetiva estudar o tratamento da fibromialgia utilizando técnicas da terapia manual como principal recurso da fisioterapia. Trata-se de um estudo de caso com uma paciente do sexo feminino portadora de fibromialgia. A coleta de dados foi realizada através da história clínica, em que a paciente relatou seus sintomas, e do exame físico, em que foram encontrados os pontos dolorosos denominados de *tender points*. Foram realizadas vinte sessões de terapia manual com técnicas miofasciais, além de exercícios de alongamento, relaxamento e ultra-som nos pontos dolorosos, para auxiliar no tratamento da paciente. Para mensurar o grau de dor da paciente, foi utilizada a escala visual analógica de dor na 1ª, 5ª, 10ª, 15ª e 20ª sessão. Concluiu-se que o tratamento com terapia manual teve importante resultado na diminuição do impacto dos sintomas da fibromialgia na vida da paciente, melhorando a sua capacidade funcional e contribuindo para a manutenção de sua qualidade de vida.

Palavra-chave: fibromialgia, terapia manual, tratamento.