

- \* **CHRONIC** CONDITION
- \* **WOMEN** > MEN
- \* WIDESPREAD **MUSCLE PAIN**



- \* **EXTREME TENDERNESS**
- \* **SLEEP DISTURBANCE**

- No cure
- Affects 2% of the adult population
- 80% of patient on steroids
- Exercise, relaxation, and stress-reduction therapies may help



# WHOLE-BODY PHOTOBIO-MODULATION TREATMENT OF FIBROMYALGIA A TRIPLE-BLINDED RANDOMIZED CLINICAL TRIAL 6-MONTH FOLLOW-UP

AUTHORS Navarro-Ledesma S<sup>1</sup>, Gonzalez-Muñoz A<sup>2</sup>, Carroll JD<sup>3</sup>, Burton PM<sup>3</sup>

1. Department of Physiotherapy, Faculty of Health Sciences, Campus of Melilla, University of Granada, Querol Street, 5, 52004 Melilla, Spain.

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## BACKGROUND

Characterised by chronic generalised muscle pain and muscle stiffness, muscle tender points, fatigue, depression, sleep disturbance

## OBJECTIVE:

To compare the effects of NovoTHOR® whole-body PBM with placebo PBM on pain, functionality, and psychological symptoms in patients suffering with FM.

## METHOD

42 patients, 34 - 64 years old  
Triple-blind RCT  
20 minutes supine, minimal or no attire (underwear)  
3 times a week for 4 weeks  
Total 12 treatments

## RESULTS:

Highly significant



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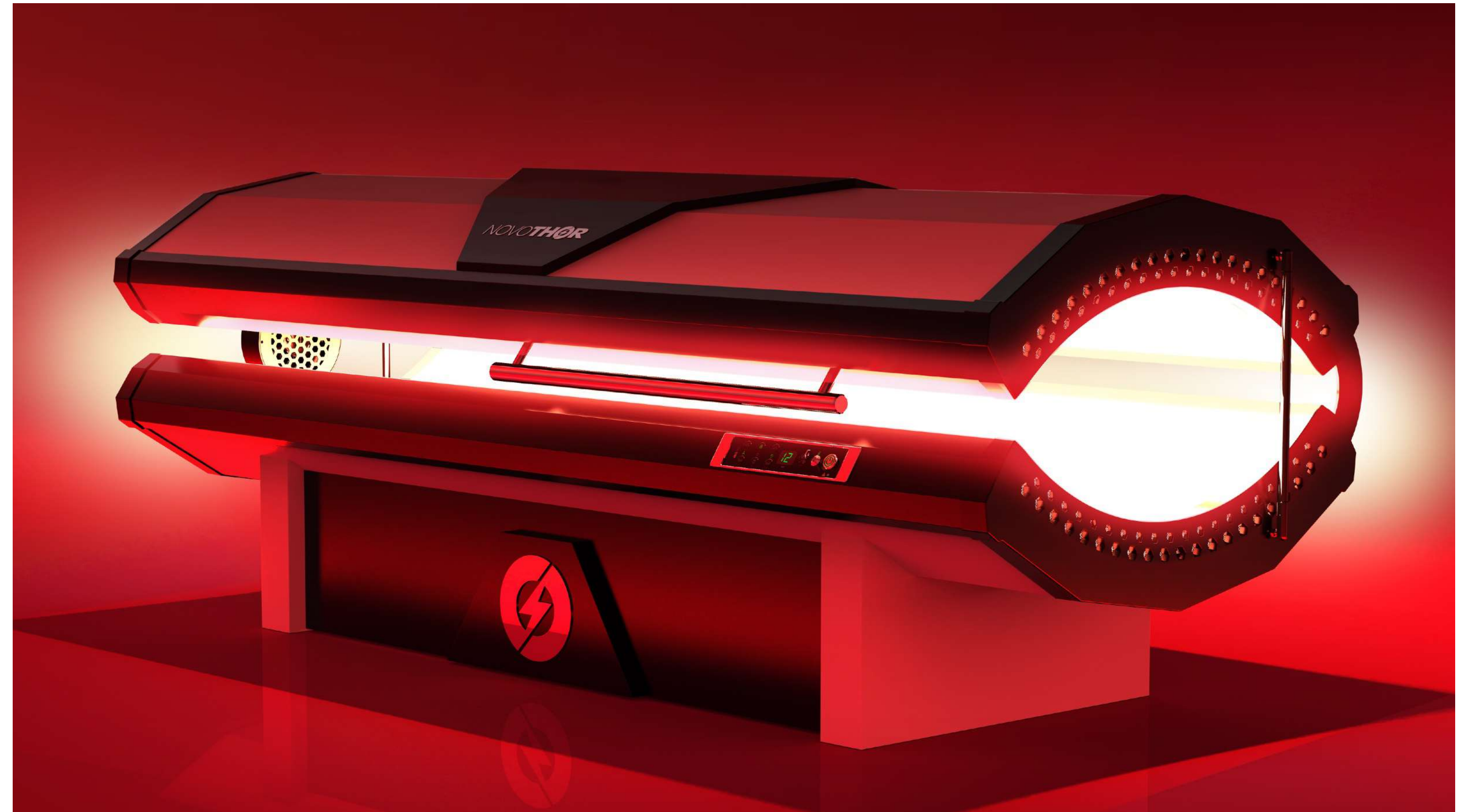
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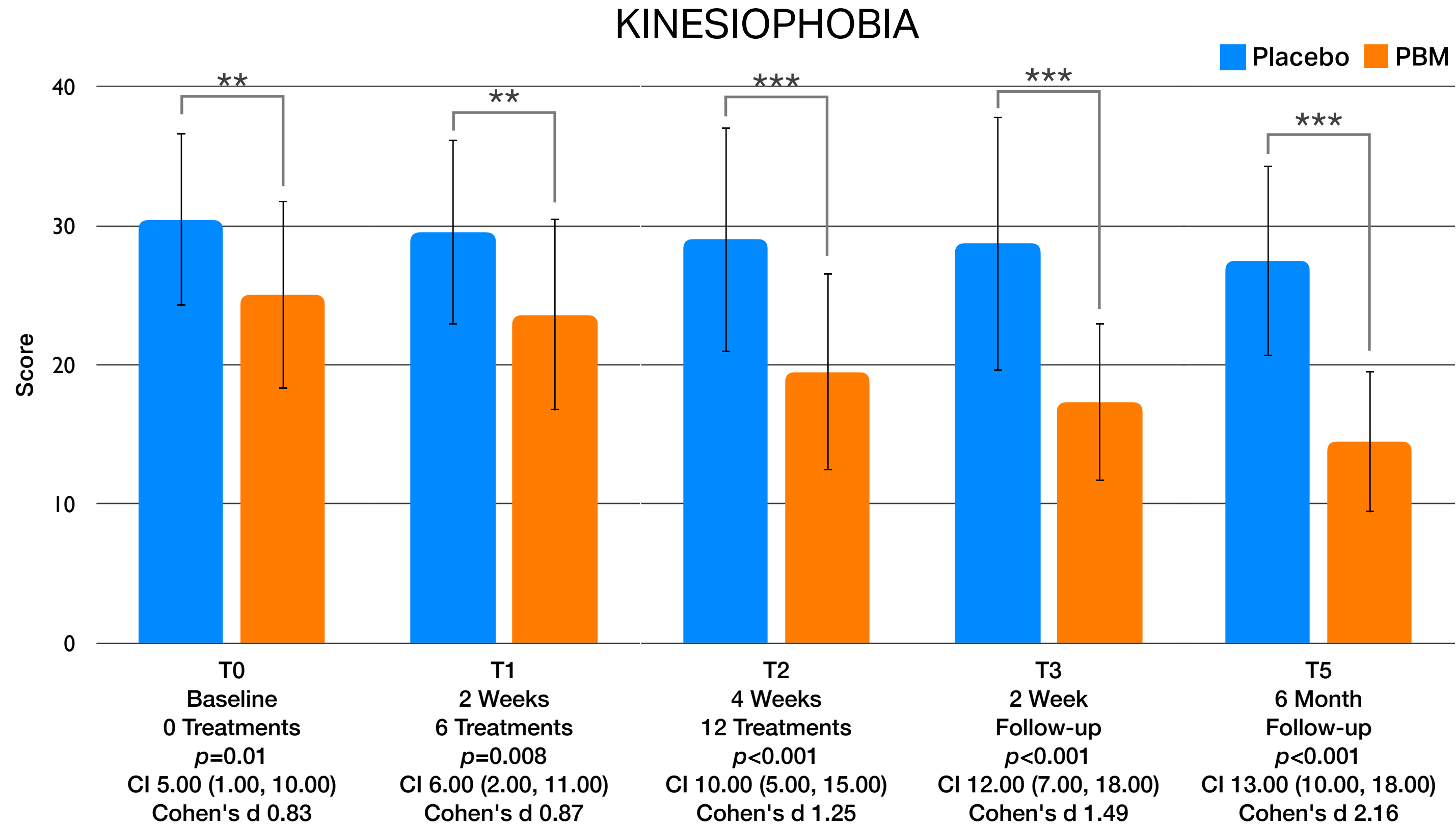
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Data are expressed as mean ± standard deviation. \*  $p < 0.05$ , \*\*  $p < 0.01$ , \*\*\*  $p < 0.001$ .

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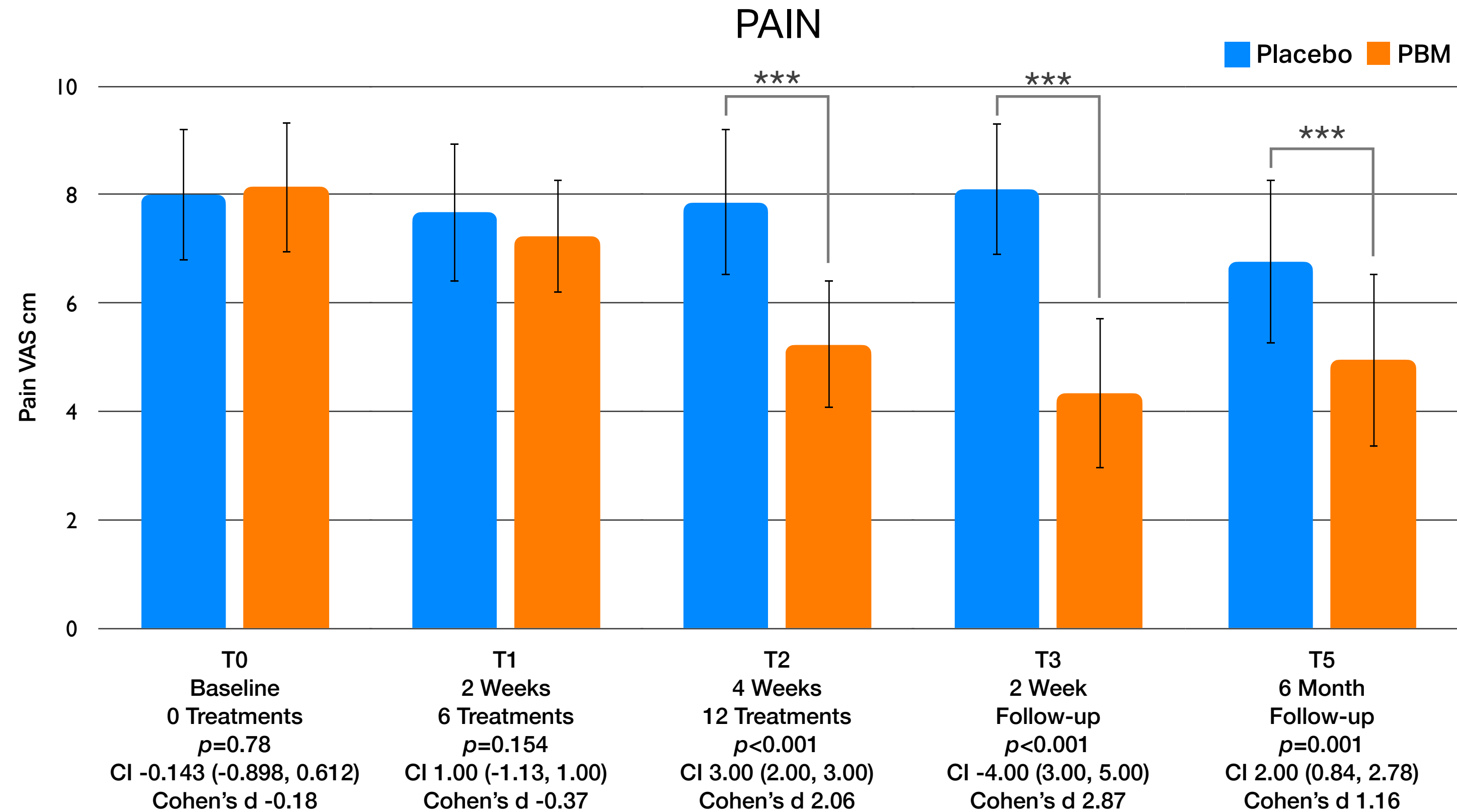
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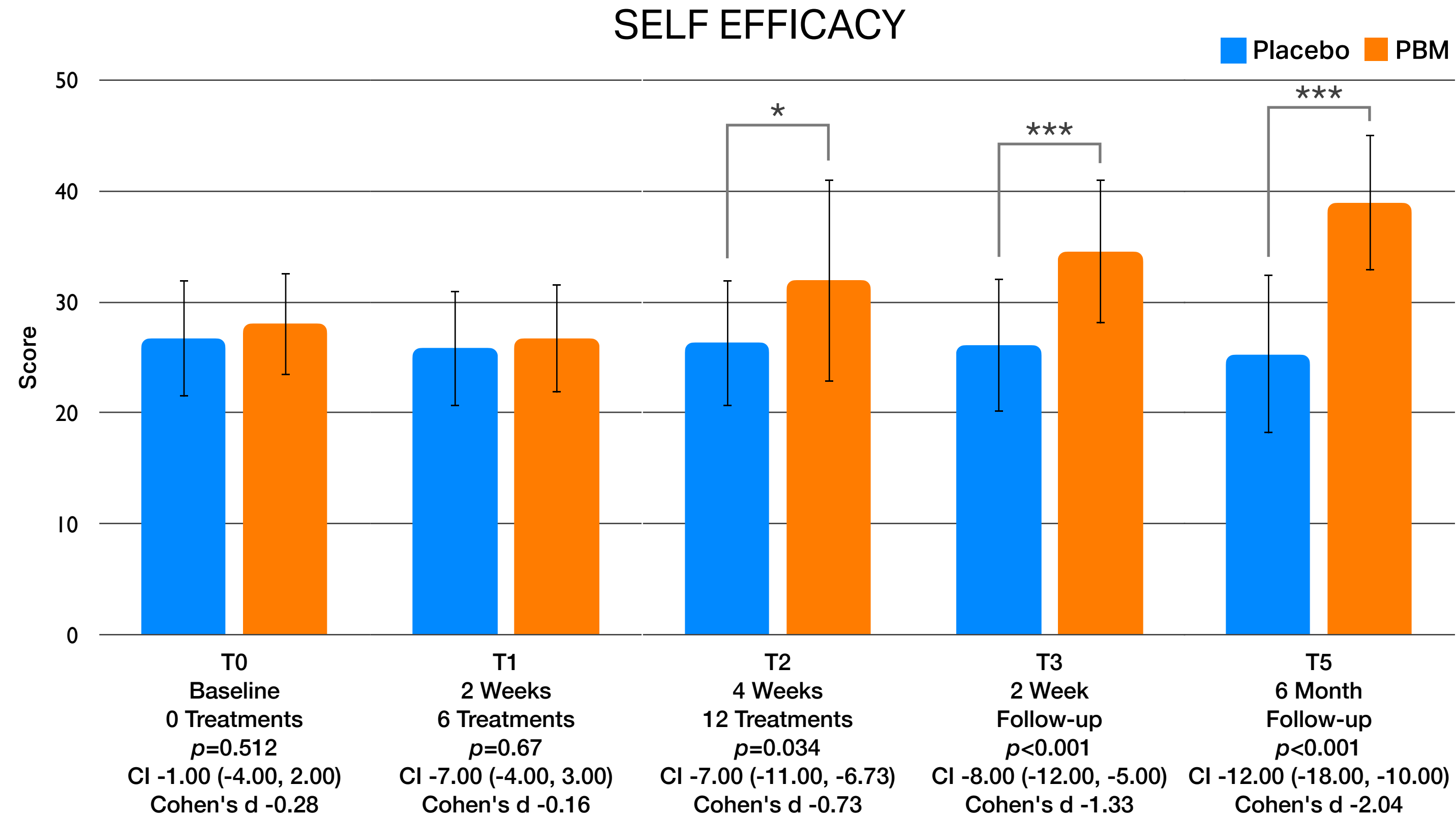
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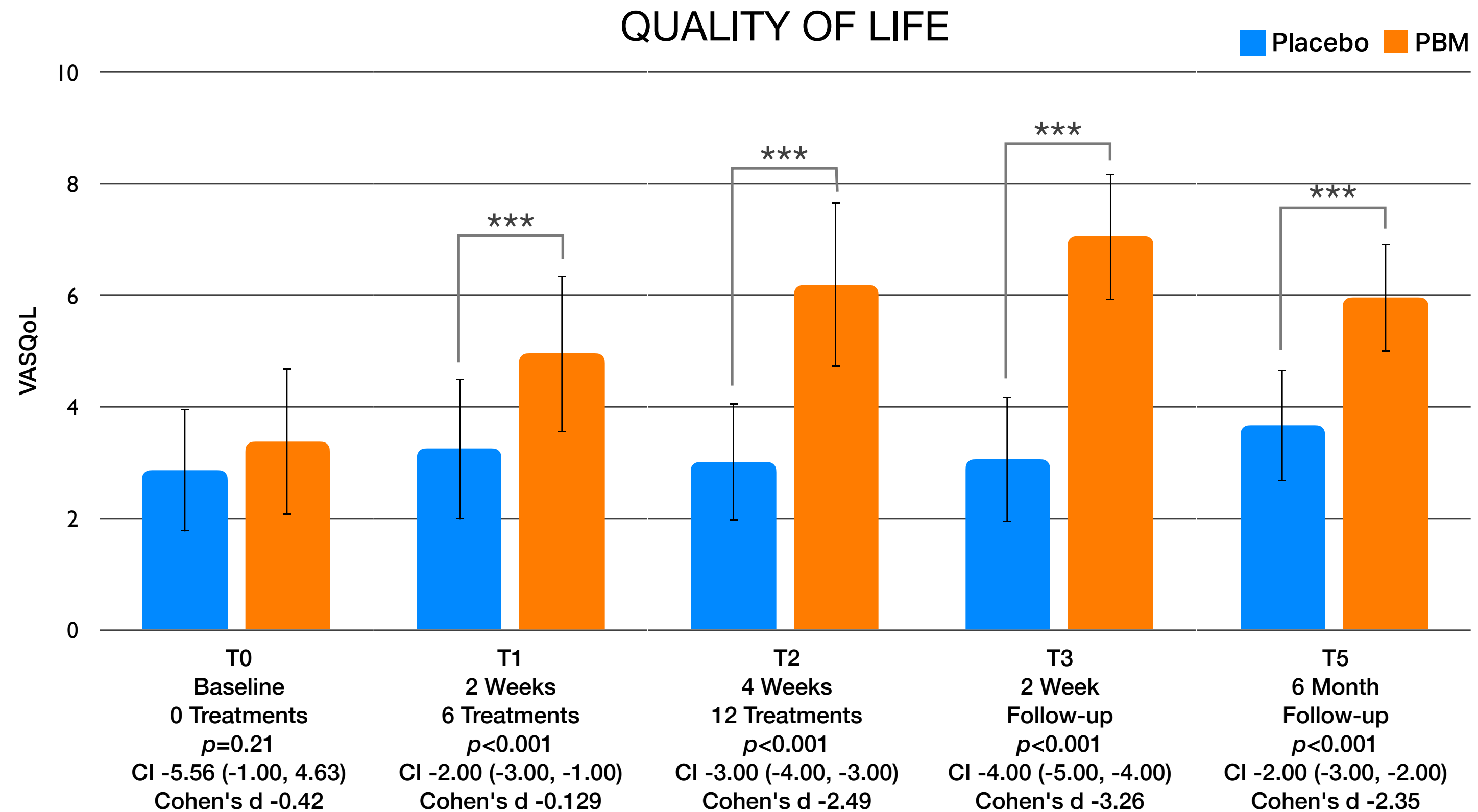
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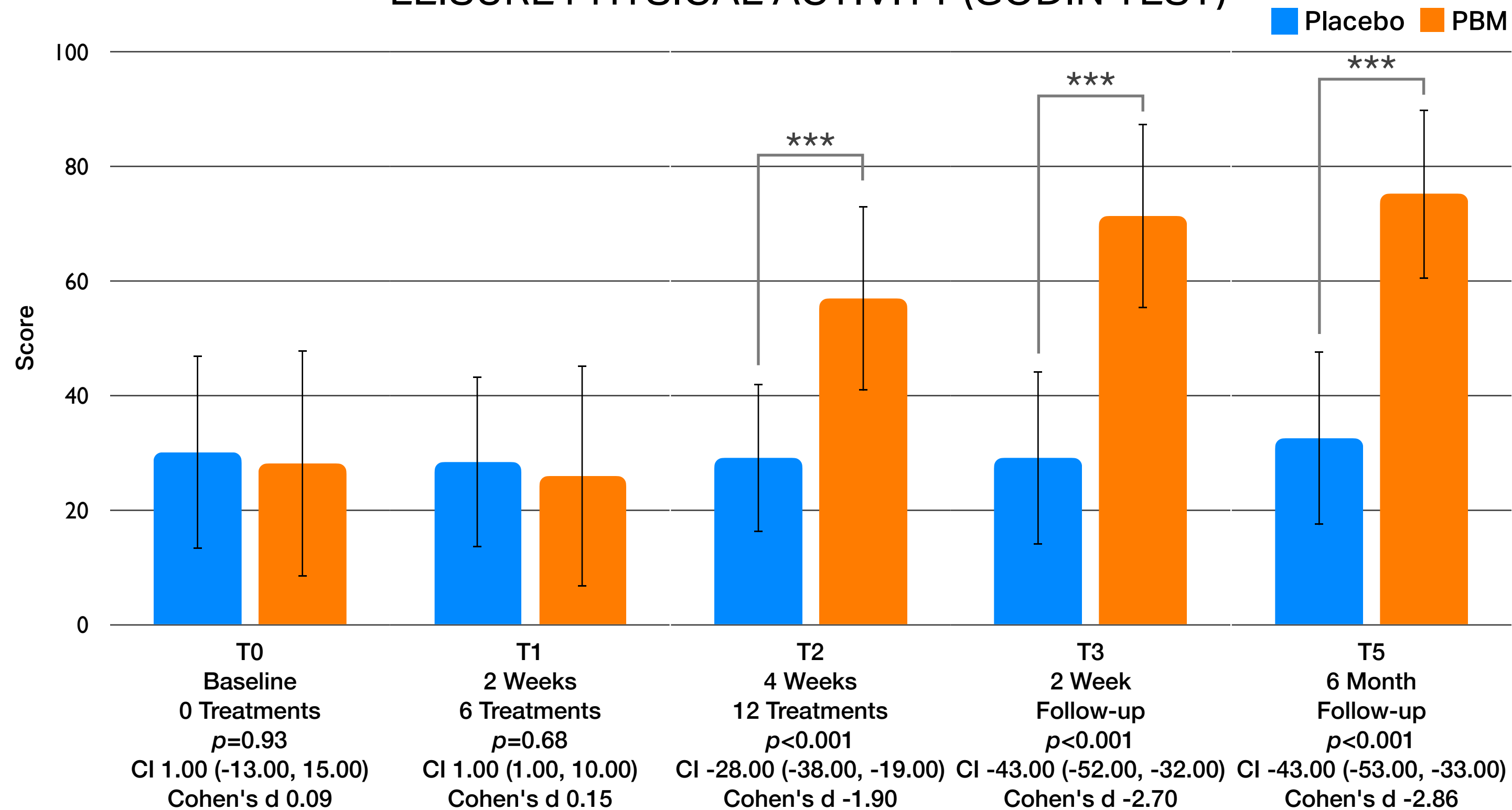
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## LEISURE PHYSICAL ACTIVITY (GODIN TEST)



The Shapiro-Wilks test for normality.

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Sandwell and West  
Birmingham Hospitals  
NHS Trust

# WHOLE-BODY PHOTOBIO-MODULATION TREATMENT OF FIBROMYALGIA A NON-RANDOMISED STUDY.

Dr B.C. Fitzmaurice<sup>1,2</sup>, Dr N.R. Heneghan<sup>2</sup>, Dr A.T.A. Rayen<sup>1</sup>, R. L. Grenfell<sup>3</sup>, Dr A. Soundy<sup>2</sup> <sup>1</sup>Department of Pain Management, Sandwell and West Birmingham NHS Trust, Birmingham, UK

<sup>2</sup>School of Sport, Exercise and Rehabilitation Sciences, University of Birmingham, Birmingham, UK <sup>3</sup>Clinical Research Facility, Sandwell and West Birmingham NHS Trust, Birmingham, UK





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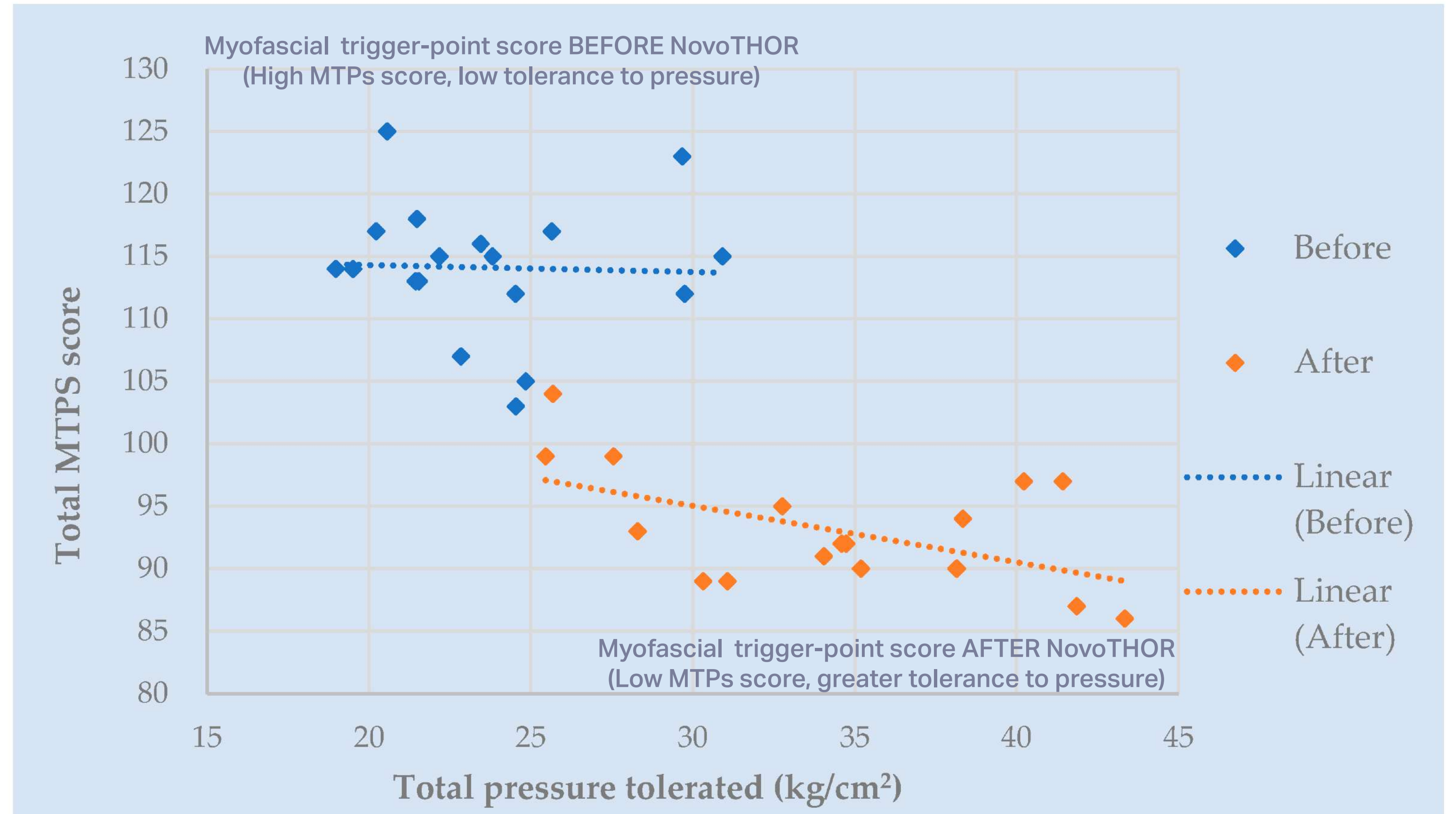
- 19 patients non-randomised study
- 3 treatments per week for six weeks
- Total 18 treatments
- 6-month follow-up

### RESULTS

- QoL improved significantly both statistically and clinically
- with this effect continuing at 6 months
- 58% patients reported “moderate” or “substantial improvement
- 26% reported improvements still ongoing at 24 weeks.
- Global Impression of Change (PGIC) reported as “much improved” or “very much improved.”
- Pain reduction was clinically significant.
- Increased pressure pain threshold across 18 muscle groups

### RESULTS

- There is a clear advantage in the use of whole-body PBMT
- Participants can self-administer
- No side effects reported.





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