

PRELIMINARY STUDY ON LPG® TECHNIQUE IN THE TREATMENT OF FIBROMYALGIA

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→ [OBJECTIVE]

The LPG® Technique, widely used for connective tissue afflictions, consists of a delicate skin fold mobilization between two motorized rollers. Based on claims of relief of minor muscle aches and pains, increase of local blood circulation and relief of Delayed Onset Muscle Soreness*, the purpose of this study was to quantify how the LPG® Technique could contribute to the treatment of fibromyalgia [FMS].



[ROLL'UP™]

→ [METHODS]

Ten women with diagnostic of FMS according to American College of Rheumatology* were selected. Fifteen LPG sessions were administered. Evaluations, including Fibromyalgia Impact Questionnaire* (based on physical functioning score and Visual Analogical Scales* for work difficulty, pain, fatigue, morning tiredness, stiffness, anxiety, depression) and a physical examination (using a scoring of pain and the number of painful tender points), were carried out before LPG® treatment (screening visit) and after 7 and 15 sessions (V7 and V15). Descriptive statistics were used and variance analysis was carried out to study effect of time on parameters evolution.

→ [RESULTS]

All parameters already showed improvement at V7. At V15 and in comparison to the screening visit, physical functioning score improved from 1 to 0.4 ($p < 0.009$) (Fig.1), all VAS were reduced by a range of 50% (Fig.2), score of pain (Fig.3) and the number of painful tender points (Fig.4) decreased respectively from 26.7 to 10.22 ($p < 0.001$) and 15.5 to 7.6 ($p = 0.005$).

→ [CONCLUSIONS]

LPG® Technique seems very helpful to patients with FMS as it produces benefits in functionality and pain.

Fig.1 Physical functioning score

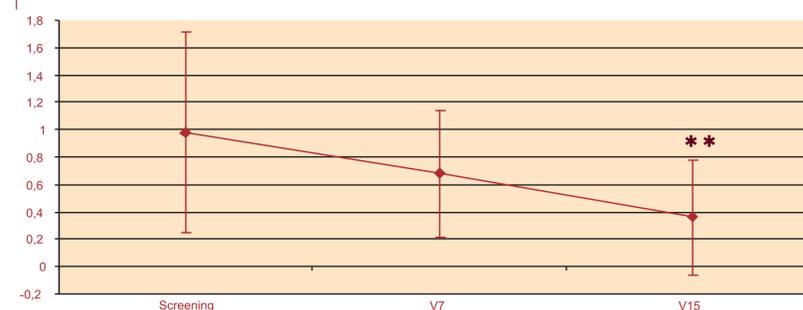


Fig.2 Visual Analogical Scales (0-10)

for pain, work difficulty, fatigue, morning tiredness, stiffness, anxiety, depression

Items	Screening	V7	V15
Pain	6.1 ± 2.7	3.8 ± 2.5 (p=0.036)	3.1 ± 1.8 (p=0.007)
Work difficulty	5.2 ± 2.8	3.8 ± 2.6 (p=0.089)	2.8 ± 1.8 (p=0.013)
Fatigue	7.5 ± 2.3	5.4 ± 2.4 (p=0.014)	3.9 ± 2.1 (p<0.001)
Morning tiredness	7.8 ± 2.2	5.4 ± 2.9 (p=0.029)	4.2 ± 2.1 (p=0.008)
Stiffness	6.9 ± 2.5	5.4 ± 2.0 (p=0.057)	3.7 ± 2.1 (p=0.004)
Anxiety	5.9 ± 2.9	4.1 ± 2.1 (p=0.144)	2.7 ± 1.7 (p=0.01)
Depression	4.3 ± 3.0	3.0 ± 1.7 (p<0.003)	1.9 ± 0.9 (p<0.034)

Fig.3 Scoring of pain

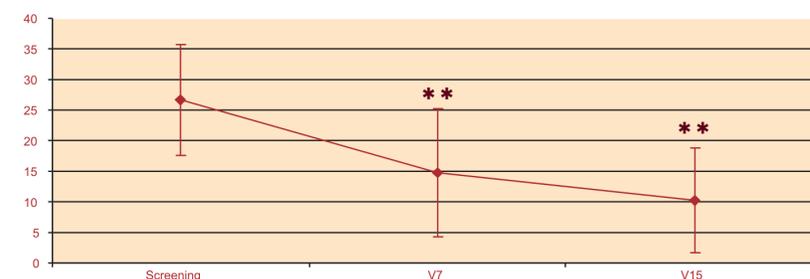


Fig.4 Number of painful tender points

