

*The Truth*  *About Health*

---

CHIROPRACTIC EFFECTIVE IN TREATING FIBROMYALGIA

Vol. 4 Issue 76

A study published in the Journal of Manipulative and Physiological Therapeutics found spinal manipulation is effective in treating Fibromyalgia.

The objective of the study was to determine whether a regimen of 30 Chiropractic treatments could effectively reduce the intensity of pain, sleep disturbance and fatigue associated with Fibromyalgia.

Before and after questionnaires were used to assess the results of the study. Participants were assessed at the beginning, after 15 and 30 treatments and again, one month after the conclusion of the treatments.

Fifteen women who had suffered from Fibromyalgia for a period extending three months, participated in the study and received 30 treatments.

In order to be considered “responders” to the treatments, a minimum of 50% improvement in pain intensity was needed. After 15 and 30 treatments, 60% of the women (9 participants) were classified as responders and reported a significant reduction of pain intensity and an

improvement in quality of sleep and fatigue level.

After 30 treatments, pain intensity had been reduced by 77.2%; sleep quality improved by 63.5% and fatigue decreased by 74.8%. These outcomes were maintained after one month without treatment.

The study suggests that Chiropractic can play a valuable role in the management of Fibromyalgia symptoms.

SOURCE: Dynamic Chiropractic, May 29, 2000, Vol. 18, No. 12, p. 22.