

Treatment of patients with fibromyalgia syndrome with vibration massage by deep oscillations: A prospective observational study

Kanter S<sup>a</sup>, Janik H<sup>a</sup>, Reinhold J<sup>b</sup>, Kraft K<sup>a</sup>

a) Department of Complementary Medicine, Centre of Internal Medicine,  
University of Rostock  
Ernst-Heydemann-Str. 6  
18057 Rostock  
Tel.: 0381494-7413  
Fax: 0381494-7477  
Email: [karin.kraft@med.uni-rostock.de](mailto:karin.kraft@med.uni-rostock.de)  
b) Hutweide 10, 91220 Schnaittach/Laipersdorf

**Abstract:**

**Objective:** To evaluate the effects of electrical vibration massage (deep oscillation) on pain and symptom severity in patients with fibromyalgia (FMS). **Methods:** In a prospective study the effects of deep oscillation on pain, quality of life and tolerance of treatment was evaluated. Patients (n=70, aged  $57.33 \pm 10.48$  years) were assigned to receive 10 treatments with deep oscillation within 5 weeks. The primary outcome was the fibromyalgia impact score, German version (FIQ-D), secondary outcomes included subjective pain (VAS), quality of life (SF-36) and McGill Pain Questionnaire (MPQ). Data were collected at baseline (I1), after treatment (I2) and again after 2 months (I3). **Results:** At I2 and I3 the FIQ-D and also the measures of pain and quality of life were significantly improved ( $p < 0.001$ ). More than 50 % of the patients reported mild short-lasting adverse events after the treatment, which however did not result in drop-outs. Their rating of tolerability was superior to the rating of the therapists.

**Conclusions:** The results of this study suggest that treatment with deep oscillation positively affects symptoms, pain and quality of life in patients with FMS. As it is well tolerated, it may be a useful tool for the symptomatic management of FMS.