

## Therapeutic indulgent of Fibromyalgia - A systematic review revealing research crevices

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| Article Authorship & Affiliation Details                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Abstract                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| <p><b>Communication Date:</b> Apr 23, 2015<br/><b>Acceptance Date:</b> May 16, 2015<br/><b>DOI:</b> <a href="https://doi.org/10.18376/2016/v12i1/86808">10.18376/2016/v12i1/86808</a><br/><b>Ranganathan, Arunmozhi</b><br/>Associate Professor, Department of Physiotherapy, SBS (P.G.) Institute of Biomedical Sciences and Research, Balawala, Dehradun Uttarakhand.<br/>E-mail: rmozhi@gmail.com<br/><b>Arumugam, Narkeesh</b><br/>Prof &amp; Head, Department of Physiotherapy, Punjabi University, Patiala-147001, Punjab, India<br/>E-mail: narkeesh@yahoo.com<br/><b>Khattri, Sumitt</b><br/>Professor, SGRR Institute, Dehradun<br/>E-mail: charas1979@gmail.com<br/><b>Key Words:</b> Cognitive behavioral therapy, Myofascial Release Therapy, Fibromyalgia, Systematic review.</p> <p><b>To cite this article:</b><br/><b>Ranganathan, Arunmozhi; Arumugam, Narkeesh &amp; Khattri, Sumitt.</b> Therapeutic indulgent of Fibromyalgia - A systematic review revealing research crevices. [online]. <i>Journal of Exercise Science and Physiotherapy</i>, Vol. 12, No. 1, June 2016: 1-24.</p> | <p><b>Background:</b> Fibromyalgia (FM) is a common chronic musculoskeletal pain disorder, which has a negative effect on the quality of life. Patient often feel incapable of performing the basic daily life activities as walking, going up stairs, or lifting objects. The literature indicates the overall prevalence rate is about 2-6% worldwide. Patients with fibromyalgia go through various pharmacology and non-pharmacological treatments. The purpose of this systematic review is to provide an overview of research studies focused on the various treatment procedures and to find out the gap in the literature for the future studies in FM condition. <b>Methods:</b> Studies in any language were identified by searching through databases like MEDLINE, Google Scholar, and Science Direct and PEDro. Articles in which some form of treatment methods was used to manage fibromyalgia were included. The PRISMA guidelines for systematic reviews were followed. <b>Results:</b> Several researchers demonstrated the individual effects of their therapeutic techniques; a specific intervention will not work for every patient because each patient has a different constellation of symptoms resulting in different responses to therapeutic interventions. <b>Conclusion:</b> Our results suggested that the combination of soft tissue releases along with psychotherapy and medication is necessary to resolve the overall symptoms of fibromyalgia.</p> |

### Introduction

Fibromyalgia is a common chronic musculoskeletal pain disorder, which has a negative effect on the quality of life. Patient often feel incapable of performing the basic daily life activities as walking, going up stairs, or lifting objects

(Cymet, 2003; Bennett, 2005; Sarzi-Puttini et al., 2007). The estimated overall prevalence of FM in Europe was 4.7% of chronic widespread pain, and was 2.9% when stronger pain and fatigue criteria were simultaneously used (Branco et al., 2010). It affects 4% of US population,