

# Efficacy of Myofascial Release Method on Pain and Disease Severity in Patients with Fibromyalgia

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and suprasegmental reflex. Stimulation of the mechanoreceptors by MFR may also close the "pain gate" via pre- and postsynaptic inhibition. Moreover, it has been found to induce release of endogenous opiates. [11,12]. Castro-Sánchez ,et al. [13] found that MFR was effective in reducing muscle pain in FM. Since MFR more directly targets the proposed peripheral pain generators residing in the fascia. With this in mind, we evaluated the benefits of MFR on pain, and disease severity in patients with FM.

## Subjects and Methods

A total of 36 women who were admitted to Department of Physical Therapy and Rehabilitation of Gaziantep University Research Hospital and diagnosed with fibromyalgia syndrome according to 1990 and 2010 American College of Rheumatology (ACR) criteria [14].

FM is more common in women than in men [15]. Patients had an identified systemic, metabolic, endocrinological, tumoral, infectious, neurologic disease, were addicted to alcohol or drug, were pregnant, had not been diagnosed with fibromyalgia syndrome and received antidepressants, pregabalin, gabapentin, and were not volunteers for participation or if they stated an intolerance to touch were excluded from the study.

All cases were questioned about widespread pain according to 1990 ACR criteria and assessment of 18 tender points was done with palpation. 2010 ACR criteria were questioned. Study subjects were between the ages of 18 and 55 years.

MFR therapy consisted of prolonged assisted stretching of painful

Stiffness	7.1 ± 1.3	4.0 ± 2.7	< 0.001
Anxiety	6.1 ± 0.6	2.5 ± 1.2	< 0.001
Depression	6.9 ± 0.4	2.5 ± 0.2	< 0.001
FIQ: Fibromyalgia Impact Questionnaire			

**Table 3** The comparison of FIQ subscales at initial assessment and postintervention in patients with FMS

## Discussion

Fibromyalgia is a chronic musculoskeletal disease leads to disability, impaired quality of life and increased health care utilization [20]. Because of too difficult to manage, treatments for FM are focused on symptom relief with different approach. We thought that MFR therapy

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