

# DBM FASCIATHERAPY AND PAIN: THE PRACTITIONERS' PERSPECTIVE

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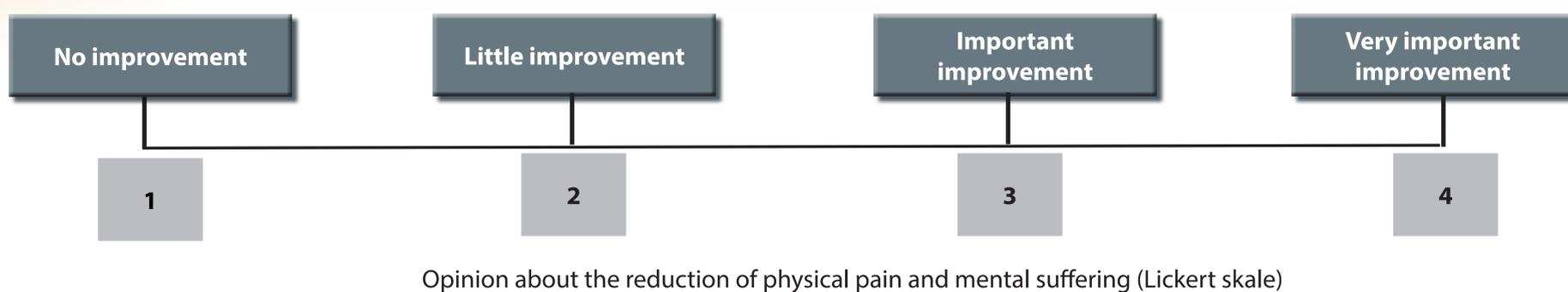
## Background

Fascia is richly endowed with sensory nerve endings, including nociceptors [1,2]. Soft tissue manipulations are often used to alleviate pain [3]. DBM Fasciotherapy is a soft tissue manual therapy, and a body-mind integrated approach, which has been successfully used to improve fibromyalgia patients' experience of pain [4]. The objective of this study was to explore the efficacy of DBM Fasciotherapy on pain from the practitioners' perspective.

## Method

This study surveyed 446 French physiotherapists who were also trained DBM fasciatherapists. An online (website) survey was conducted using a self-administered, customized, questionnaire.

1. Two closed questions (Likert scale) evaluated improvements in the reduction of physical pain and mental suffering



2. An open question about which type(s) of pain was most improved.

## Results

Analyses were conducted on the 238 fully completed forms (53% response rate) considered as the «respondents».

### 1. Improvement on physical and mental suffering

DBM Fasciatherapists express a strong feeling of improvement of their efficacy on both physical pain (n=228, 95.8%) and mental suffering (n=200, 84%). The highest proportion of them report an important improvement (3), particularly on physical pain (144, 60%) and a very significant part of them estimate a very important improvement (4), particularly on mental suffering (n=95, 40%).

Response	Physical Pain		Mental Suffering	
	n	%	n	%
No improvement (1)	0	0	2	0,8%
Little improvement (2)	10	4,2%	36	15,1%
Important improvement (3)	144	60,5%	105	44,1%
Very important improvement (4)	84	35,3%	95	39,9%
Total	238	100%	238	100%

### 2. Most improved pathologies

All respondents indicated having noticed an improvement on at least one pathology. 54% (n = 129) of them report no improvement on at least one condition. We can estimate that 46% (n = 109) of respondents obtained an improvement in all the pathologies they encounter in their daily practice.

Their opinion of most improvement was for :

- Headaches (n=110, 46.2%) and migraines (n=37, 15.5%);
- Neck pain (n=82, 34.5%);
- Acute low back pain (n=76, 31.9%) and chronic low back pain (n=47, 19.7%)



## Conclusion

DBM Fasciotherapy significantly improves the efficacy of physiotherapists both on physical pain and on mental suffering, thus confirming its body-mind dimension. This study highlights which types of pain appear to improve most and shows that it is particularly effective on spine- and head-related pain.

### References:

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 [3] Vigotsky & al. The Role of Descending Modulation in Manual Therapy and Its Analgesic Implications. Pain Research and Treatment, 2015; p.1-11.  
 [4] Dupuis. An exploratory study on the effects of DBM fasciotherapy on a population suffering from fibromyalgia. Physiotherapy, 2015, 101, Supplement 1:336-337, from fibromyalgia. Physiotherapy, 101, Supplement 1:e336 – e337, 37, 2015:e336-e337, 2015..