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 Fasciatherapy 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 Fasciatherapy 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

<table>
<thead>
<tr>
<th>Response</th>
<th>Physical Pain</th>
<th>Mental Suffering</th>
</tr>
</thead>
<tbody>
<tr>
<td>No improvement (1)</td>
<td>n=228, 95.8%</td>
<td>n=200, 84%</td>
</tr>
<tr>
<td>Little improvement (2)</td>
<td>10, 4.2%</td>
<td>36, 15.1%</td>
</tr>
<tr>
<td>Important improvement (3)</td>
<td>144, 60.5%</td>
<td>105, 44.1%</td>
</tr>
<tr>
<td>Very important improvement (4)</td>
<td>84, 35.3%</td>
<td>95, 39.9%</td>
</tr>
</tbody>
</table>

Opinion about the reduction of physical pain and mental suffering (Likert scale)

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

Response

1. Physical Pain

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%).

2. Mental Suffering

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

Results

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%).

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 estimated that 46% (n=109 of respondents) obtained an improvement in all the pathologies they encounter in their daily practice.

• Headsaches (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 Fasciatherapy 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: