

## **DBM fasciatherapy and pain: the practitioners' perspective**

Courraud C., Lieutaud A., Dupuis C., Bois D. - CERAP, Universidad Pessoa, Porto.

christiancourraud@gmail.com

4 Vercingetorix, Clermont-Ferrand, France

+33676056542

### **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]. This study aimed to explore the practitioners' perspective on the effectiveness of DBM fasciatherapy on pain.

### **Methods**

This study surveyed 446 French physiotherapists who were also trained DBM fasciatherapists. An online (website) survey was conducted using a self-administered, customized, non-validated questionnaire. It had two closed questions (Likert scale) to evaluate improvements, in their opinion, about the effectiveness of reduction in physical and mental pain, and also an open question about for which type(s) of pain there was most improvement. Only the 238 (53%) fully completed forms were analysed.

### **Results**

DBM Fasciatherapists express a strong feeling of improvement of their effectiveness for both physical pain (n=228, 95.8%) and mental suffering (n=200, 84%). Their opinion of improvement was the best for headaches (n=110, 46.2%), neck pain (n=82, 34.5%), acute low back pain (n=76, 31.9%), chronic low back pain (n=47, 19.7%), and migraines (n=37, 15.5%).

### **Conclusion**

DBM fasciatherapy improves physiotherapists' effectiveness. This study highlights which types of pain appear to improve most, and that DBM fasciatherapy improves both physical and mental pain, confirming its body/mind dimension.

### **References**

- [1] Stecco & al. Anatomy of the deep fascia of the upper limb. Second part: study of innervation. *Morphologie*. 2007 Mar; 91(292):38-43.
- [2] Willard & al. The thoracolumbar fascia: Anatomy, function and clinical considerations. *Journal of Anatomy*, 2012; 221(6):507-536.
- [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 fasciatherapy 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.