A combination of qualitative and quantitative approaches to evaluate the effect of DBM Fasciatherapy on the pain of patients suffering from fibromyalgia.

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**Fibromyalgia**

is a poorly explained chronic pain condition, frequently associated with diffuse pain, central nervous system amplification of pain, fatigue, memory problems, and/or sleep and mood disturbances.

**Pain**

is a complex phenomenon which, when it becomes chronic, affects the whole person.

**Fascia**

is a sensitive organ[1] which has a nociception linked closely to affective pain[2]. The implication of fascia in fibromyalgia has regularly been evoked by researchers[3, 4].

**DBM Fasciatherapy sessions**

**Intensity of overall pain**

Visual Analogic Scale

- Statistical analysis

- 3 out of 7 patients reported significant reduction in pain level.

**Assessment**

**Experienced pain**

Semi-structured interviews

- Classification and phenomenological interpretation

- The patients reported feeling muscle and mental relaxation, as well as a positive effect on the acute phases of pain and a better quality of sleep.

**Discussion**

This study was enriched by using a combination of quantitative AND qualitative research methods, rather than using either method on its own. Future evaluation of the effectiveness of fascia-relating manual therapies might possibly benefit from using mixed research methods.

**References**


