

Background

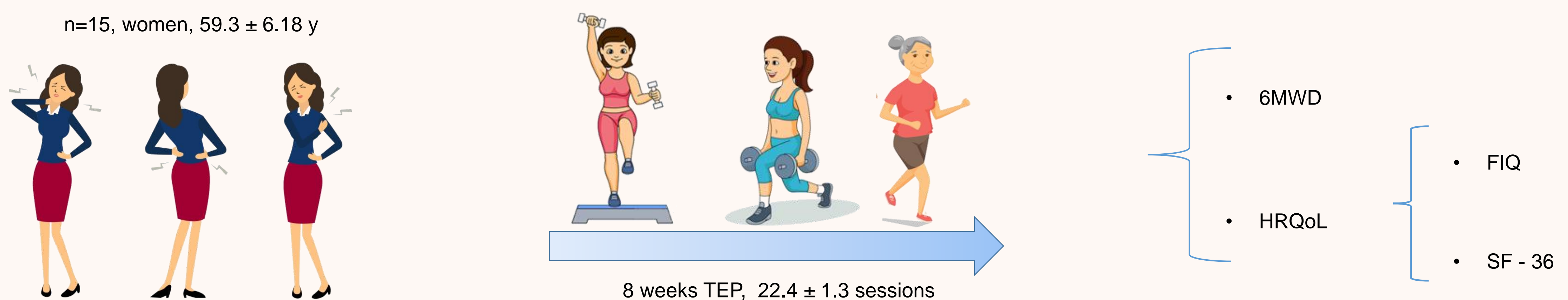
Fibromyalgia is a complex rheumatologic syndrome characterized by chronic widespread pain and other non-specific symptoms, including fatigue, morning stiffness, cognitive difficulties, sleep disturbance, and exercise intolerance⁽¹⁾. Women with Fibromyalgia Syndrome demonstrate significantly reduced ability to complete occupational tasks and/or daily living activities, resulting in poor quality of life⁽²⁾. Some interventions, such as, patient education, behavioral therapy, and physiotherapy, have evidenced to be effective in reducing symptoms⁽³⁾.

Objective

The purpose of this study was to analyze the benefit of a therapeutic exercise program (TEP) at the level of functional capacity and quality of life in women with Fibromyalgia Syndrome.

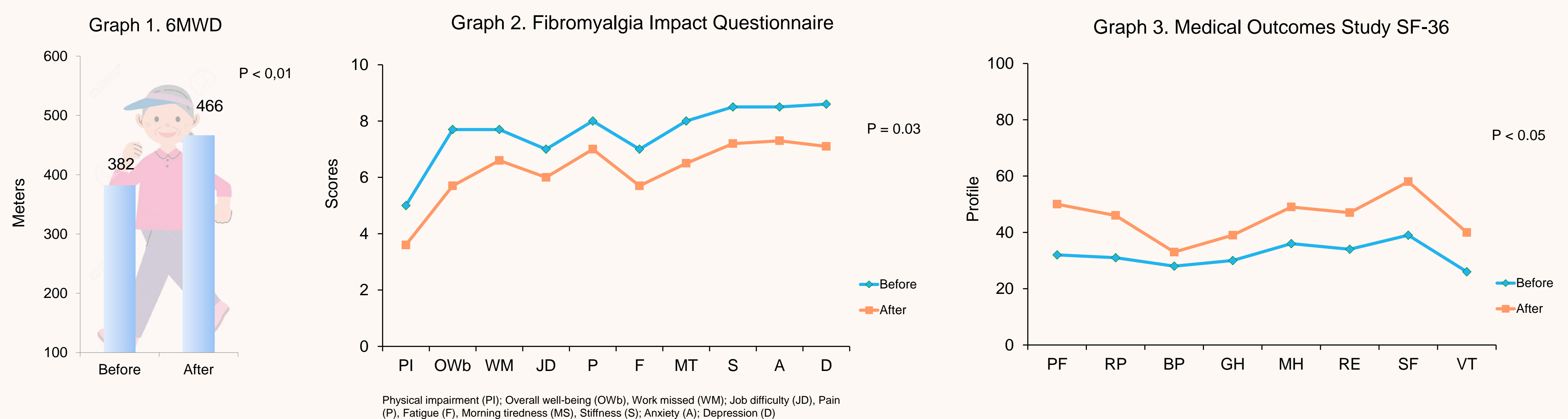
Methods

Fifteen women (59.3 ± 6.18) with fibromyalgia participate in a TEP 3 times a week, for 8 weeks. Each session had an average duration of 45 minutes with ventilation control exercises, dynamic muscle strength exercises (4 upper limbs and trunk exercises, and 5 lower limbs exercises, 3 set, 8-12 rep, at low intensity, Borg Rating of Perceived Exertion Scale of 12-13) and walking. The functional capacity was assessed by 6-minute walk distance (6MWD). The health status was evaluated through the Fibromyalgia Impact Questionnaire (FIQ) and Medical Outcomes 36-item Short Form Health Survey (SF-36) questionnaire. This study follows all the principles of Helsinki's Declaration.



Results

It was possible to observe an increase ($p < 0.01$) in the distance covered in the 6MWD (382.7 ± 61.2 ; 466.0 ± 44.5), Graph 1, as well as a significant improvement in the general (77.2 ± 11.5 ; 62.6 ± 9.1) and subscale scores of the FIQ ($p = 0.03$), Graph 2, expressed as time-integrated values associated with an increase ($p < 0.05$) in the perception of the state in all domains of the SF-36, except for body pain (Graph 3). The post intervention outcomes measured by 6MWD, FIQ and SF-36, are considered as clinically significant⁽²⁾.



Conclusion

With this study we concluded that the therapeutic exercise program was effective in improving the overall well-being of women with Fibromyalgia Syndrome, with improvements on functional capacity and health-related quality of life.