

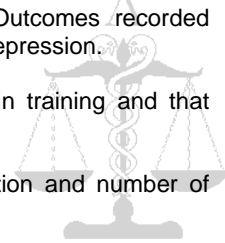
Fibromyalgia

A.Hakkinen et al. Annals of Rheumatic Disease (2001) Vol. 60 #1, p. 21.

A study of 11 women diagnosed (using ACR method) with Fibromyalgia (FM) compared with 10 controls and 12 healthy women. Strength training provided to a defined programme. Outcomes recorded included number of tender points, pain questionnaire and measures of fatigue and depression.

Results suggest that FM cases are no different in their ability to gain strength in training and that strength training has no adverse effect on caseness.

This is a very small study, much more attention could have been paid to selection and number of controls.



Comment

Further evidence that FM is not associated with muscle pathology. Psychological benefits of increasing activity are generally thought to be worth pursuing, though training is probably not a sustainable method to achieve this.
