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**O-003**

**USE OF A MECHANICAL MASSAGE TECHNIQUE IN  
THE TREATMENT OF FIBROMYALGIA: A  
PRELIMINARY STUDY**

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**OBJECTIVE:** To investigate how a mechanical massage technique (LPG technique), could contribute to the treatment of fibromyalgia.

Design: Feasibility study.

Setting: A single center.

**PARTICIPANTS:** Ten women having a preexisting diagnostic of fibromyalgia based on American College of Rheumatology criteria were enrolled.

Intervention: Subjects received a total of 15 sessions of mechanical massage administered by a physical therapist once a week.

Main Outcome Measures: The Fibromyalgia Impact Questionnaire (FIQ) and a physical examination scoring tender points (number, pain intensity). Evaluations were conducted at the screening visit, after 7 sessions (V7), and after completion of 15 sessions (V15).

**RESULTS:** Most of the parameters (pain intensity, physical function, number of tender points) showed a significant improvement at V15 compared with screening.

**CONCLUSIONS:** The findings suggest the possibility that the studied intervention might be associated with positive outcomes in women with fibromyalgia, and support the need for a controlled clinical trial to determine its efficacy.