

**COMPARISON OF AEROBIC TRAINING AND FLEXIBILITY EXERCISES
FOR THE TREATMENT OF FIBROMYALGIA: A RANDOMIZED,
CONTROLLED STUDY.**

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Two different modalities of physical training were studied, to establish their real efficacy in fibromyalgia: Aerobic exercises (AE), and flexibility exercises (FE).

Sixty women with fibromyalgia (ACR-90 criteria), between 18-65 years, entered the trial. They were randomized to either AE or EE groups. No pharmacologic treatment was allowed, except for Acetaminophen as rescue medication. The trial was of 20 weeks duration, and evaluation included the FIQ questionnaire, the SF-36 questionnaire, a VAS scale of pain and the Beck Depression Inventory done at the beginning and the end of the 20 weeks. Statistical analysis included the Student's t test, the Mann-Whitney test and ANOVA.

28 patients completed the aerobic program and 26 the flexibility one. AE patients improved significantly in all paramte5rs studied. Patients in the FE program did not improve in the Beck score, and the emotional aspects and the general mental health domains of the SF-36. When both groups were compared, patients in the aerobic program were significantly better than the flexibility exercises patients in respect to FIQ score, BDI score, and different domains of the SF-36.

In conclusion, although both exercise programs seem beneficial for patients with fibromyalgia, aerobic training was significantly better.