DBM FASCIATHERAPY AND PAIN: THE PRACTITIONERS' PERSPECTIVE

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Background

Fascia is richly endowed with sensory nerve endings, including nociceptors [1,2]. Soft tissue manipulations are often used to alleviate pain [3]. DBM Fasciatherapy is a soft tissue manual therapy, and a body-mind integrated approach, which has been successfully used to improve fibromyalgia patients' experience of pain [4]. The objective of this study was to explore the efficacy of DBM Fasciatherapy on pain from the practitioners' perspective.

Method

This study surveyed 446 French physiotherapists who where also trained DBM fasciatherapists. An online (website) survey was conducted using a self-administered, customized, questionnaire.



Results

Analyses were conducted on the 238 fully completed forms (53% response rate) considered as the «respondents».

1. Improvement on physical and mental suffering

DBM Fasciatherapists express a strong feeling of improvement of their efficacy on both physical pain (n=228, 96%) and mental suffering (n=200, 84%). The highest proportion of them report an important improvement (3), particulary on physical pain (144, 60%) and a very significant part of them estimate a very important improvement (4), particularly on mental suffering (n=95, 40%).

Response	Physical Pain		Mental Suffering	
	n	%	n	%
No improvement (1)	0	0	2	0,8%
Littel improvement (2)	10	4,2%	36	15,1%
Important improvement (3)	144	60,5%	105	44,1%
Very important improvement (4)	84	35,3%	95	39,9%
Total	238	100%	238	100%

2. Most improved pathologies

Their opinion of most improvement was for :

• Headaches (n=110, 46.2%) and migraines (n=37, 15.5%);

All respondents indicated having noticed an improvement on at least one pathology. 54% (n = 129) of them report no improvement on at least one condition. We can estimated that 46% (n = 109) of respondents obtained an improvement in all the pathologies they encounter in their daily practice.

• Neck pain (n=82, 34.5%);







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Acute low back pain (n=76, 31.9%) and chronic low back pain (n=47, 19.7%)

Conclusion

DBM Fasciatherapy significantly improves the efficacy of physiotherapists both on physical pain and on mental suffering, thus confirming its body-mind dimension. This study highlights which types of pain appear to improve most and shows that it is particularly effective on spineand head-related pain.

References:

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