

Effects of Physiotherapy vs. Acupuncture

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Introduction

The most common clinical sign of fibromyalgia is multiple tender points in addition to diffuse and widespread pain. Despite the fact that pain is the most common symptom, it usually appears to be linked to other symptoms. Stiffness is one of these; fatigue; issues with sleep; problems with balance and functionality; cognitive disorders like trouble concentrating, confusion, memory lapses, or speaking fluently; and other mental illnesses. As a result, patients also report having trouble carrying out their daily routines and being unable to work. Being one of the rheumatic diseases with the greatest impact on quality of life and health status, fibromyalgia has significant psychosocial and financial consequences. Both ideas are directly related to one another and frequently refer to how well you feel about your health. As a result, fibromyalgia patients incur significant personal, social and employment costs as a result of this conditions high care resource consumption.

Description

For the treatment of fibromyalgia, exercise programs have always been suggested. Physiotherapists also use exercise as one of their treatment options in their clinical practice. "Services provided by physical therapists to individuals and populations to develop, maintain and restore maximum movement and functional ability throughout the lifespan" is how the World Confederation of Physical Therapists defines physiotherapy. With the understanding that functional movement is central to what it means to be healthy, the service is provided when movement and function are threatened by aging, injury, pain, diseases, disorders, conditions, and/or environmental factors. One of the most recent therapeutic exercise modalities utilized in physiotherapy to treat a variety of conditions is, in particular, one that focuses on training core stability. This type of training is beginning to have a significant impact on rehabilitation and has recently gained popularity. This kind of exercise primarily aims to strengthen the core muscles in order to regain muscle balance. Core stability training is based on four clearly defined principles and focuses on the rehabilitation of movement dysfunction: breathing, core muscle activation, proper alignment, movement control and fluidity [1].

Exercise is the only "strong for" therapy-based recommendation in the most recent revision of the European League Against Rheumatism (EULAR) guidelines for managing fibromyalgia. In addition, exercise has been shown to improve pain, physical function, stiffness, depression, global fatigue, well-being and health-related quality of life in recent systematic reviews and meta-analyses. Core stability training, in particular, has been shown to reduce pain and enhance quality of life in women with a variety of conditions. Other researchers have also found that this kind of exercise improves mood, depression symptoms, flexibility and physical function. There aren't many core

stability training interventions that have been tested on women with fibromyalgia and analyzed our variables of interest in the literature. After treatment has been completed, these studies have demonstrated positive changes in pain, anxiety and quality of life [2].

Acupuncture is another non-pharmacological treatment option that is recommended for the management of fibromyalgia. Acupuncture is defined by the World Health Organization as the therapeutic insertion of needles into humans or animals. Placing very fine needles on specific body points along the body's energy channels, also known as meridians, for up to 30 minutes is the traditional Chinese medical method. When set, the needles can be controlled physically with electro-excitement (electro-needle therapy) or intensity with mugwort stogies or cones (moxibustion) to adjust the body's energy or qi. Based on how it improves pain, fatigue, stiffness and quality of life in comparison to conventional treatment, sham acupuncture, no treatment, or drug therapy, various reviews support the use of this therapy. The evidence suggests that acupuncture and core stability training could be used to treat women with fibromyalgia. However, there are no studies in the literature that compare and analyze the effects of both treatment approaches on pain, stiffness, work difficulties, depression and quality of life [3].

An acupuncture treatment regimen was compared to a core stability-based physiotherapy program in order to compare their efficacy in reducing pain, stiffness, work-related difficulties, depression and quality of life. A control group was also included in the study. When compared to the control group, women with fibromyalgia who completed our study's core stability-based physiotherapy program and acupuncture treatment had higher scores for quality of life, pain, joint stiffness, perceived difficulty in working and depression following treatment completion. However, the modifications lacked statistical significance. We believe that our findings are pertinent due to the fact that the treatments used can assist in maintaining the affected person's quality of life. This is because of the chronic nature of fibromyalgia as well as its clinical evolution, which implies that symptoms fluctuate and significant variations occur throughout the course of the disease [4].

From a descriptive standpoint, we found that the acupuncture and physiotherapy groups S-FIQ scores decreased by 7.11 and 6.47 points, respectively, following treatment, indicating a slight but non-significant improvement over the control group. After the rest period, these positive changes persisted in the follow-up measurement. Physical exercise and physiotherapy have been shown to improve fibromyalgia patients quality of life in several systematic reviews that examined their efficacy. We discovered that there are not many studies that evaluate the effectiveness of core stability exercise training programs for managing fibromyalgia symptoms. The Pilates core stability exercise program in both studies consisted of three one-hour sessions performed three times per week, while four weeks did the exercises. S-FIQ scores decreased in the core stability group following the intervention and the follow-up period, which is consistent with our findings. However, our findings suggest that core stability contributed to maintaining the quality of life, whereas their improvements indicated statistically significant improvements.

Core stability training was the foundation of our exercise program. In order to facilitate improved movement of the upper and lower limbs, this kind of exercise aims to improve proximal stability. Proper body function depends on proximal stability. Muscle imbalance and movement dysfunction will occur if the stabilization system fails to function properly and there is no balance between the muscles that stabilize and mobilize. Mechanical stress on bone structures and the neuromuscular system will result from this and pain, joint stiffness and general well-being will all suffer as a result. Even though the statistical analysis showed that the improvement in the S-FIQ scores of the physiotherapy group

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participants was not significant, we believe that our core stability program could have helped control the negative effects of muscle imbalance. In addition, authors have also demonstrated that women with fibromyalgia can benefit from acupuncture treatment. They compared the effects of acupuncture and treatment with a combination of nutritional supplements in a randomized clinical trial with 60 women.

For three months, the individualized acupuncture treatment was administered twice weekly. After one month of treatment and when the treatment was finished, the findings demonstrated that the acupuncture treatment significantly improved the participants quality of life. In addition, the positive changes persisted after a three-month follow-up period. Again, our findings diverge from those. The different durations of the treatments may be to blame for this. In contrast to we used acupuncture for a single course of treatment (two sessions per week for a total of ten sessions) gave two sessions of acupuncture after waiting at least one month. It is interesting to note that the three points used in our study (GV20, ST36 and BL60) are also among most frequently used acupuncture points were used to treat them. GV20 has been shown to raise qi (energy) levels. The energy is balanced by ST36, which has toning and strengthening effects on the body. As a result, it is recommended for the treatment of conditions that cause weakness and fatigue. Traditional Chinese medicine channels are facilitated by BL60, which also regulates and tones the musculoskeletal system [5].

Conclusion

Patients with fibromyalgia may benefit from all of these acupuncture points effects by increasing their quality of life and overall well-being. Acupuncture has also been shown to increase plasma and brain tissue levels of endomorphin-1, beta-endorphins, enkephalin and serotonin, all of which have been shown to have analgesic, sedative, motor function-recovery and immunomodulatory effects. We believe that there is a connection between the secondary outcome measures and the S-FIQ results observed in the two experimental groups.

Various authors have demonstrated this connection between fibromyalgia symptoms and quality of life. Mease pointed out those fibromyalgia symptoms like pain, disability and others significantly lower quality of life. In a study, fibromyalgia patients identified the symptom domains that impacted their quality of life the most. Pain, trouble sleeping, fatigue, depression, anxiety and cognitive impairment were some of them.

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