Does Vibration Training Improve Physical Function and Quality of Life in Fibromyalgia Syndrome?

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Abstract

Exercise and physical activity recommendations are an integral component of the overall management of fibromyalgia. Unfortunately, despite the known health, fitness, and symptom relief benefits, underlying pain and fatigue prevent most from initiating (or maintaining) physical activity and exercise programs, thereby contributing to sedentary lifestyles that lead to low levels of aerobic and muscular fitness. Therefore, it is important to identify alternative approaches to exercise programming in the overall management of fibromyalgia. Vibration training is a relatively new approach to exercise that has been shown to elicit numerous benefits; however little is known about the effects of this training method in fibromyalgia. Therefore, the primary aim of this study is to evaluate the effects of vibration training in improving musculoskeletal function, balance and postural control, and health-related quality of life in patients diagnosed with fibromyalgia.