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**Effectiveness of a personalized method of kinesiotherapy called "Victoria method" in patients with fibromyalgia: a randomized, single-blind, controlled study.**

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Abstract

**OBJECTIVES:**

The aim of the present study was to assess the effectiveness of modified method of kinesiotherapy called "Victoria method" as a treatment option for patients with fibromyalgia.

**METHODS:**

Thirty-six female patients with fibromyalgia between 18 to 65 years were randomly allocated to a Victoria's group (n=18) and control group (n=18). Patients in the Victoria's group underwent 12 weeks of "Victoria's method" twice a week, while the patients in the control group were treated by similar manner by sham. The patients were evaluated with regard to pain (VAS), function (6MWT), quality of life (FIQ and SF-36), depression (Beck Inventory), anxiety (STAI) and self-image (BDDE). Evaluations were carried out at baseline, 6 weeks and 24 weeks by a blinded assessor.

**RESULTS:**

The Victoria's group achieved significant improvements in VAS for pain ( $p<0.001$ ), six-minute walk test ( $p<0.001$ ), FIQ ( $p=0.003$ ), BDDE ( $p<0.009$ ) as well as the pain ( $p<0.001$ ), emotional aspects ( $p<0.003$ ) and mental health ( $p<0.021$ ) subscales on the SF-36.

**CONCLUSIONS:**

The called "Victoria's method", a personalized method of kinesiotherapy, can be used in the treatment of fibromyalgia to reduce pain and improve functional capacity, quality of life and self-image.