

PBM Laser Therapy for Fibromyalgia

Efficacy of Low Power Laser Therapy in Fibromyalgia: A Placebo-Controlled Single-

Blind **Study** Gur A, Karakoc M, Nas K, Cevik R, Sarac J, Demir E.

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Lasers Med Sci. 2002; 17 (1): 57-61.

Low-energy lasers are widely used to treat a variety of musculoskeletal disorders, including fibromyalgia, although there is no scientific evidence that they are effective. A randomized, single-blind, placebo-controlled study was conducted to evaluate the effectiveness of low-energy laser therapy in 40 patients with fibromyalgia. Fibromyalgia patients were randomly assigned to active (Ga-As) laser or placebo laser treatment, daily for two weeks, except on weekends.

Both the laser and placebo laser groups were studied for improvement in pain, number of tender points, sensitivity of skin folds, stiffness, difficulty sleeping, fatigue, and muscle spasms. In both groups, significant improvements were achieved in all parameters ($p < 0.05$) with the exception of sleep disorders, fatigue and tenderness in the placebo laser group ($p > 0.05$). It was found that there was no significant difference between the two groups with regard to all parameters before therapy, whereas a significant difference was observed in parameters such as pain, muscle spasm, morning stiffness and number of tender points in favor of the laser group after therapy ($p < 0.05$).

None of the participants reported any side effects. Our study suggests that laser therapy is effective for pain, muscle spasms, morning stiffness, and total tender points in fibromyalgia, and suggests that this therapy method is a safe and effective treatment for those with fibromyalgia.
