

Dr. P. Heaton.

Consultant Orthopaedic Surgeon.

FRCS (Tr & Orth) Ph.D.

Lower Limb Arthroplasty
(Hip and Knee).

Trauma.

Pelvic and Acetabular Fracture Surgery.

**Cyclo-ssage Pro-Personal Therapy System. [PPTS]
Fibromyalgia
By Dr. P. Heaton-Ph.D.
Consultant Orthopaedic Surgeon.**

Cyclo-ssage Pro Personal therapy system (PPTS) and Fibromyalgia

The Cyclo-ssage Pro Personal Therapy System (PPTS) is a highly valued tool for the treatment of fibromyalgia, as complimentary therapies continue to excel above medication therapy for the condition.

Introduction

Notoriously under diagnosed for several decades, fibromyalgia was previously termed in over hundred appellations.

Today, nearly eight to ten percent of the population may be affected by the condition. There is a higher female affectation with some literature reports of a seven to one female to male ratio.

Recent documentation that cold insensitivity may aggravate the condition has tilted the focus of research from the traditional aquatic therapies to alternative complimentary modes such as vibrational therapies, the PPTS in particular.

Clinical features of Fibromyalgia

Patients with fibromyalgia experience an extensive list of symptoms with very few clinical signs of the condition. This is a significant factor contributing to the delayed diagnosis of the condition and the protracted duration prior to commencement of treatment.

Initial symptoms include generalised aches and joint stiffness, fatigue despite prolonged rest interval, depressed mood, anxiety, paraesthesia, increased sensitivity to pain, loss of the ability to focus on a task, changes in bowel habit, urinary retention, urinary incontinence, uncontrollable headaches, sleep disturbance, muscle twitching, muscle cramping etc.

Despite this symptoms only twenty five percent of patients suffering with fibromyalgia are diagnosed correctly in one study. For this reason a high index of suspicion is necessary for an early and correct diagnosis of the condition.

The diagnosis in the modern era is based on the presence of criteria used by the American college of Rheumatologist "widespread pain extending all quadrants of the body for more than three months". Understandably vague but useful as a multi-trauma patient could present with similar complaints.

Pathophysiology of Fibromyalgia

The depletion of serotonin producing cell, growth hormone, dopamine producing cells and insulin like growth factor in the central nervous system is core to the development of fibromyalgia. Anatomical studies have demonstrated reduced blood flow in the portions of the brain responsible for synthesis of these agents. Aetiological factors include genetics, psychological factors; sleep disturbances and stressful life styles.

Treatment of Fibromyalgia

Treatment of fibromyalgia in the modern era is multidisciplinary. Medical treatment should be complimented with the Pro Personal Therapy System (PPTS) treatment sessions.

Medical treatment of fibromyalgia is an evolving field. Current medical input is based on the control of pain, depression and joint stiffness. The extensive lists of complications arising from such medication combinations are the reasons why complimentary treatment of fibromyalgia is particularly popular.

From the literature, it is of note that no medication treatment currently effects fatigue for all conditions, and particularly for fibromyalgia patients. Complimentary treatments are superior for treatment of the “overwhelming fatigue” reported by fibromyalgia patients.

Complementary treatments of fibromyalgia include PPTS, the wide spectrum of vibrational stimulation therapy, graded levels of exercise, joint manipulations, and cognitive behavioural therapy.

Cyclo-ssage Pro Personal Therapy System (PPTS) for the treatment of Fibromyalgia

Visual analogue scores from the literature support significant pain relieve in fibromyalgia patients when complimentary therapy alone is used.

In addition to successfully avoiding deleterious complications of repeat medications this patients also report significantly improved duration of pain-free movement per day following complimentary treatments. By far the most effective of the extensive list of complimentary therapy is the PPTS.

The comfort of the PPTS allows combinations of complimentary treatments to be delivered in one therapy session. This maximises the patient’s ability to engage their endogenous synthesis of serotonin and endorphins and will account for the improved visual analogue scores.

Repeated sessions of PPTS on a regular basis will engage the hormonal axis of the patient to improve the synthesis and release of the healing agents the body systems lack in fibromyalgia (growth factors and hormones).

Because the PPTS increases blood flow to the muscles adjacent the to the treatment modes, patients will report decreased episodes of muscle and joint aches during each treatment sessions, with the additional effect of a sustained response between PPTS therapy sessions. Repetitive treatments also improve joint carrying angles further reducing muscle soreness, joint stiffness and improving exercise tolerance.

For patients with fibromyalgia, the overall effect of reduction in pain and joint stiffness with PPTS is an elevation in the patient’s mood with no side effects.