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Schmerz. 2021 Oct;35(5):349-359. doi: 10.1007/s00482-020-00520-7. Epub 2020 Dec 16.

Efficacy of manual lymph drainage and myofascial therapy in patients with fibromyalgia : A systematic review

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PMID: 33326048 DOI: [10.1007/s00482-020-00520-7](https://doi.org/10.1007/s00482-020-00520-7)

Abstract in English, [German](#)

Introduction: Fibromyalgia is a chronic disease of unknown origin characterized by widespread pain, fatigue, disordered sleep and joint stiffness among other symptoms.

Objective: To compare outcomes of manual lymph drainage and myofascial therapy in patients with fibromyalgia.

Methods: This was a systematic review. The databases PubMed/MEDLINE, CINAHL, SCOPUS, ScieLo, PEDro, Dialnet, Web of Science, and Elsevier were searched for articles in English or Spanish examining the efficacy of myofascial therapy and/or manual lymph drainage to treat fibromyalgia. Of 356 articles extracted, sixteen articles and one doctoral thesis fulfilled the criteria established for inclusion.

Results: The methodological quality of the studies reported in the articles was good (PEDro score 7.49 ± 1.47). The studies included compared different treatments with lymph drainage and/or myofascial therapy. Outcomes indicated improved quality of life for both therapies in all the studies.

Conclusions: Myofascial therapy and lymph drainage may be effective in patients with fibromyalgia. Further work is needed as the scientific evidence available is still insufficient.

Keywords: Manual lymphatic drainage; Pain reduction; Quality of life; Tender point; Treatment outcome.

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