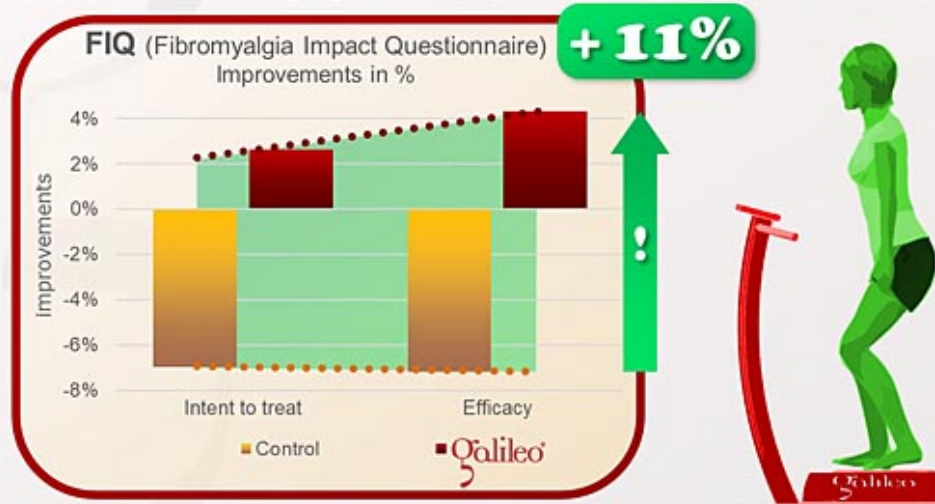




Can Galileo Therapy improve quality of life (QOL) in Fibromyalgia patients ?

The answer is: YES

This study reported the effects of Galileo Therapy on health related quality of life (HRQOL) in Fibromyalgia patients (12.5Hz, 6x30-60s., 3/week, 12 weeks). Both groups received additional standard therapy, the Galileo group additional Galileo Therapy. While the control groups showed a decrease in health related quality of life (FIQ) by up to 7% the Galileo group showed an improvement with an over-all difference of up to 11%.



Olivares PR, Gusi N, Parraca JA, Adsuar JC, Del Pozo-Cruz B: Tilting Whole Body Vibration improves quality of life in women with fibromyalgia: a randomized controlled trial. J Altern Complement Med, 17(8):723-8, 2011; PMID: 21749265; GID: 2860

Galileo Research Fact Sheet #136

Therapy: Fibromyalgia, Quality of Life (QOL)

www.galileo-therapy.com

This study documented the effects of Galileo Therapy on health related quality of life (HRQOL) in Fibromyalgia patients.

Both groups received over a period of 12 weeks (3 session per week) standard therapy, the Galileo group additional Galileo Therapy at 12.5Hz.

Each session consisted of 6 repetitions of 1 minute of semi-tandem stance (one foot with lifted toes, one with lifted heels) with one-minute rest in-between.

While the control groups showed as expected a decrease in HRQOL of up to 7% (FIQ, Fibromyalgia Impact Questionnaire) the Galileo group showed a significant increase with an over-all difference compared to control of up to 11% within just 12 weeks.

These results are in line with #GREFS102 which showed an improvement of balance in Fibromyalgia patients.



Tilting Whole Body Vibration improves quality of life in women with fibromyalgia: a randomized controlled trial.

[Olivares PR¹](#), [Gusi N](#), [Parraca JA](#), [Adsuar JC](#), [Del Pozo-Cruz B](#).

OBJECTIVES:

The aim of this study was to analyze the effect of 12-week tilting Whole Body Vibration therapy (WBV) on Health Related Quality of Life (HRQoL) in fibromyalgia (FM) within the context of a randomized control trial (ISRCTN16950947).

SUBJECTS AND METHODS:

Thirty-six (36) women with FM were randomly allocated to either an exercise or a control group.

The women in the exercise group were assigned to a 12-week course of tilting WBV (12.5-Hz frequency; 3-mm amplitude).

HRQoL was assessed using the Fibromyalgia Impact Questionnaire (FIQ) and a 15D questionnaire.

RESULTS:

A 12-week course of tilting WBV therapy was associated with improvements in FIQ scores (12%) but not in the 15D questionnaire.

CONCLUSIONS:

Tilting WBV was a feasible intervention that prevented the loss of HRQoL in previously physically untrained women with FM.

PMID: 21749265 DOI: [10.1089/acm.2010.0296](https://doi.org/10.1089/acm.2010.0296)