

# DBM FASCIATHERAPY AND PAIN: THE PRACTITIONERS' PERSPECTIVE

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## Background

Fascia is richly endowed with sensory nerve endings, including nociceptors. Soft tissue manipulations are often used to alleviate pain [3]. DBM fasciatherapy is a soft tissue manual therapy, and a body/mind integrated approach, which has been successfully used to improve fibromyalgia patients' experience of pain. This study aimed to explore the practitioners' perspective on the effectiveness of DBM fasciatherapy on pain.

## Method

This study surveyed 446 French physiotherapists who were also trained DBM fasciatherapists. An online (website) survey was conducted using a self-administered, customized, non-validated questionnaire.

It had two closed questions (Likert scale) to evaluate improvements (1. No improvement, 2. Little improvement, 3. Important improvement, 4. Very important improvement) in their opinion, about the effectiveness of reduction in physical and mental pain.

It had also two open questions about for which type(s) of pain there was most and less improvement. Respondents were able to give a maximum of 6 responses and were able to answer "none".

## Results

Only the 238 (53%) fully completed forms were analysed.

### 1. Physical and suffering pain improvement

DBM Fasciatherapists express a strong feeling of improvement of their effectiveness for both physical pain (n=228, 95.8%) and mental suffering (n=200, 84%). They mostly report an important (or significant) improvement (3) particularly on physical pain (n=144, 60%) but a very significant part of them estimate to have a very important improvement (4) particularly on mental suffering (n=95, 40%).

Replies	Physical Pain		Mental Suffering	
	n	%	n	%
No improvement (1)	0	0	2	0,8%
Little improvement (2)	10	4,2%	36	15,1%
Important improvement (3)	144	60,5%	105	44,1%
Very important improvement (4)	84	35,3%	95	39,9%
Total	238	100%	238	100%

### 2. Most improved Pathologies

All respondents indicated having noticed an improvement on at least one pathology. 51.5% (n = 129) of them report not having improvement on at least one condition. We can estimate

that 46% (n = 109) of respondents obtained an improvement in all the pathologies they face in their daily practice.

Their opinion of improvement was the best for : headaches (n=110, 46.2%), neck pain (n=82, 34.5%), acute low back pain (n=76, 31.9%), chronic low back pain (n=47, 19.7%), and migraines (n=37, 15.5%)

## **Conclusion**

DBM Fasciotherapy practitioners significantly improve their efficiency both physical pain and mental suffering confirming the body/mind dimension of this manual therapy. This study highlights which types of pain appear to improve most the physiotherapist practice and particularly shows a characteristic effectiveness on pain of spinal and head.

This study confirms the interest of physiotherapists for fascia in the treatment of musculoskeletal diseases and shows that DBM fasciotherapy could improve physiotherapists' effectiveness.