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High-intensity laser therapy can improve pain, health status and quality of life in women with fibromyalgia: a single blinded-randomized controlled trial

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Abstract

This study was conducted to explore the influence of High-Intensity Laser Therapy (HILT) on health status, pain intensity, Pain Pressure Threshold (PPT), and Quality of Life (QoL) in Fibromyalgia (FM) women. Fifty-two women with FM were randomly divided into either the HILT group (n = 26) or the control group (n = 26). Those in the HILT group underwent HILT alongside an exercise program consisted of low-impact aerobics training and stretching exercises, while the control group received the exercise program only. Treatments were administered three times per week for six weeks. Fibromyalgia symptoms and health status (Revised Fibromyalgia Impact Questionnaire (RFIQ), Pain intensity (visual analog scale), PPT (pressure algometer), and QoL (Short Form 36 Questionnaire) were measured pre and post six-week intervention timeframe. Regarding baseline data, insignificant differences were identified between groups ($p > 0.05$). Comparing groups after 6-week intervention reveals statistically significant differences in favor of the HILT group across all measured aspects ($p < 0.001$). HILT may be an effective treatment for women with FM, potentially enhancing pain management, reducing the impact of FM, and improving their QoL.

Keywords: Fibromyalgia; High-intensity laser therapy; Quality of life.

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