

# The efficacy of the Rességuier method in the treatment of fibromyalgia: a randomised controlled trial

<b>Submission date</b> 15/12/2008	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 23/12/2008	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 23/12/2008	<b>Condition category</b> Musculoskeletal Diseases	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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### Contact details

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50139

## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

N/A

# Study information

## Scientific Title

Rehabilitation of fibromyalgia: efficacy of the Rességuier method - a randomised controlled trial

## Study objectives

Rehabilitation holds an important role in the treatment of fibromyalgia syndrome (FMS). Despite numerous studies, an agreement on a specific rehabilitation line, adaptable to the needs of a heterogeneous group of patients, has not been found yet. The Rességuier method is a rehabilitation technique never experimented in fibromyalgia.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Not provided at the time of registration

## Study design

Randomised controlled single centre trial

## Primary study design

Interventional

## Secondary study design

Randomised controlled trial

## Study setting(s)

Not specified

## Study type(s)

Treatment

## Participant information sheet

## Health condition(s) or problem(s) studied

Fibromyalgia

## Interventions

FMS patients were recruited and randomly assigned to the Group A and Group B. The patients of Group A were individually treated with the Rességuier method for 8 weeks, 1 session a week. The patients of Group B were observed for 8 weeks.

## Intervention Type

Other

## Phase

Not Applicable

## Primary outcome measure

1. Reduction of pain (Numerical Rating Scale [NRS]: 0 - 10)
2. Improvement of disability and quality of life, assessed by the 36-item Short Form (SF-36) Health Survey and Fibromyalgia Impact Questionnaire (FIQ)

**Secondary outcome measures**

1. Quality of movement (NRS: 0 - 10)
2. Ability to relax mind and body (NRS: 0 - 10)

**Overall study start date**

10/01/2007

**Completion date**

10/12/2007

## Eligibility

**Key inclusion criteria**

1. Diagnosis of fibromyalgia according to the American College of Rheumatology (ACR) criteria
2. No age limits

**Participant type(s)**

Patient

**Age group**

Other

**Sex**

Both

**Target number of participants**

36

**Key exclusion criteria**

Does not meet the inclusion criteria

**Date of first enrolment**

10/01/2007

**Date of final enrolment**

10/12/2007

## Locations

**Countries of recruitment**

Italy

**Study participating centre**

**Associazione per lo studio della Sclerosi Sistemica e delle Malattie Fibrosanti (ASSMaF)**  
Firenze  
Italy  
50139

## **Sponsor information**

### **Organisation**

University of Florence (Italy)

### **Sponsor details**

Department of Medicine  
Viale GB Morgagni 85  
Florence  
Italy  
50134

### **Sponsor type**

University/education

### **Website**

<http://www.unifi.it>

### **ROR**

<https://ror.org/04jr1s763>

## **Funder(s)**

### **Funder type**

University/education

### **Funder Name**

University of Florence (Italy) - Department of Medicine

## **Results and Publications**

### **Publication and dissemination plan**

Not provided at time of registration

### **Intention to publish date**

### **Individual participant data (IPD) sharing plan**

**IPD sharing plan summary**  
Not provided at time of registration