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# Efficacy of multidisciplinary treatment of fibromyalgia

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## Efficacy of multidisciplinary treatment of fibromyalgia

Renata Cop, Harald Zeindler, Elena Martea, Tatjana Cikac, Zvezdana Bzdilik-Hrdjok

KLINIKUM AUSTRIA GmbH, KLINIKUM BAD GASTEIN, Klinikum Bad Gastein, Orinacija obiteljske Medicine, Dom Zdravija Zagreb-Centar

Fibromyalgia is characterized by deep pain, tenderness and stiffness of muscles, areas around tendon insertions and adjacent soft tissues. It is a frequent and complicated disorder affecting as much as about 2 % of the population. The real cause of fibromyalgia is still not sufficiently known – the illness is often not recognized early enough. In diagnosis it is important to exclude all other comorbidities and overlapping symptoms of other diseases. Klinikum Bad Gastein is an orthopaedics and rheumatology rehabilitation centre, which uses thermal water (thermal bath temperature 38 grad C) rich in radon ( $^{222}\text{Rn}$  – radioactive gaseous element) for treating patients. Generally, it has been shown that such water – among other benefits – has a very beneficial and healing effect on muscles, tendons and joints. Research objectives: Presenting the specifics and results of multidisciplinary treatment of fibromyalgia at Klinikum Bad Gastein. Methods: At KBG each patient receives individual care by interdisciplinary teams of specialists, thus applying multidisciplinary treatment. In parallel the following treatments are used: physiotherapy (ergotherapy, elektrotherapy, hydrotherapy in pools, fangotherapy and paraffin treatments), bathing in radon-rich thermal water, psychotherapy and also dietary support and education are provided, including a series of short lectures on pain treatment, improving health habits, proper nutrition and the choice of recreational activities. Results: For a small sample of 7 female patients with diagnosed fibromyalgia, for which bathing in thermal waters was the main therapy, the treatment results were analysed and statistically processed. Pain relief after the treatment was identified in the range of 33 % to 50 %, and in patients who, apart from fibromyalgia, also suffer from depression, the pain was relieved for about 20 %.

**Ključne riječi:** fibromyalgia, radon, bathing in radon-rich thermal water