Background: Fibromyalgia Syndrome (FMS) is a clinical condition with many symptoms such as chronic generalized pain, fatigue, sleep disorder, cognitive dysfunction and depressive mood. Management of FMS is difficult and the most important component is regular exercise. In this syndrome, patients generally have compliance and motivation problems in maintenance of exercises. In recent years, exercises, with fun and game components, have been prescribed to increase patient compliance. Motion-controlled video games targeting virtual reality are examples of these exercises.

Objectives: To investigate the effect of motion controlled video games on pain, functionality, cardiopulmonary capacity and quality of life in fibromyalgia syndrome: a randomized, single-blind, controlled study.

Methods: Forty women (>18 years) who have FMS were included in the study. Patients were randomized into study and control groups. Control group performed aerobic exercise (cycling, 3 days/week, 20 minutes/day) for 8 weeks. Group and time interactions for 6MWT (F (1.21, 46.33) = 4.04, p = 0.043), FSS (F (1.61, 61.24) = 4.21, p = 0.026), EQSD-Qol Scale (F (2, 76) = 4.55, p = 0.014) and EQSD-VAS Scale (F (1.4, 53.55) = 3.59, p = 0.049) were significant only for the study group. In addition, PANAS score was significantly higher in study group (p < 0.001).

Conclusion: Virtual reality exercises along with aerobic exercise increase cardiopulmonary capacity and quality of life in FMS. In addition, they increase patient satisfaction and may improve patient compliance to exercise.

REFERENCES: