Novel insights into the pain pathophysiology of fibromyalgia (FM)

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Fibromyalgia is a painful, non-articular condition predominantly involving muscles. Typically it is associated with fatigue, non-refreshing sleep, and activity intolerance influencing everyday life. Fibromyalgia is based on a distinctive clinical appearance. Many studies have tried and were unsuccessful in finding an objective diagnostic test using muscle biopsies and single fiber examination, probably due to the change of the Copenhagen Declaration 1992 regarding classification criteria from 1990. The fibromyalgia patient’s complaining of fatigue ability has been verified by reduced isokinetic muscle strength, and the true muscle strength has also been found to be lower than in a healthy control group. Furthermore, a shorter exhaustion time during exercise with shoulder abduction compared with healthy individuals has been measured. Limitations in the ability to perform activities of daily living (ADL) in fibromyalgia patients have been documented using the Assessment of Motor and Process Skills (AMPS) test indicating ADL motor and process skills similar to early aging. With the more advanced cuff algometry, we are now able to assess pressure pain thresholds and temporal and spatial summation indicating pain hypersensitization, which is believed to be the main cause for this condition staying chronic. In this presentation an in-depth description of these mentioned subjects will be given.

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