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## Effects of perceptive rehabilitation and mobilization methods on symptoms and disability in patients with fibromyalgia: A Randomized Controlled Trial

Our single-blind randomized controlled study aimed to examine the effects of perceptual rehabilitation (AR) and mobilization (MOB) methods on symptoms and disability in patients with Fibromyalgia syndrome (FMS). 90 participants diagnosed with FMS were divided into AR, MOB, and control. The AR and MOB groups received 16 treatment sessions. Participants were assessed before (T0), after the treatment (T1), and in the third-month (T2). Assessments included socio-demographic and clinical features, cervical position sense, pain threshold, and tolerance measurements, The Short-Form McGill Pain Questionnaire, Beck Depression Inventory, Fatigue Severity Scale (YSS), Pittsburgh Sleep Quality Index (PUKI), and Revised Fibromyalgia Impact Questionnaire were used.

The groups had similar socio-demographic and clinical characteristics ( $p>0.05$ ). There were no statistical differences between the groups in T0 for all assessments ( $p>0.05$ ). Significant differences emerged at T1 and T2 in mean pain threshold and tolerance, pain characteristics, depression, and disability levels ( $p>0.05$ ). The significant differences observed in the total scores of YSS and PUKI at T1 ( $p<0.05$ ) did not persist at T2 ( $p>0.05$ ). The groups were statistically similar in cervical position sense at T1 and T2 and treatment satisfaction at T1 ( $p>0.05$ ). MOB is clinically more effective in increasing pressure pain threshold and tolerance, reducing depression, pain intensity, perceptual pain, fatigue, and disability. Conversely, AR demonstrated greater clinical effects on sleep quality, reducing sensory and total pain.

In conclusion, this study provides evidence that AR and MOB are effective in alleviating symptoms and reducing disability in FMS. The findings suggest that these treatments can be used interchangeably to improve the well-being of FMS patients.

### Keywords

Fibromyalgia Syndrome, Manual Therapies, Pain, Health Status

### Biography

I am Beraat Alptuğ, a physiotherapist and academic staff member with a strong passion for rehabilitation and movement science. My work combines clinical practice, teaching, and research to contribute to the advancement of physiotherapy. As a researcher, I focus on evidence-based approaches to improve patient outcomes and enhance therapeutic techniques. I am actively involved in academic studies, publishing research, and guiding students in their professional development. My goal is to bridge the gap between theory and practice, ensuring that physiotherapy continues to evolve through scientific innovation and education.