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The effect of Qigong on fibromyalgia (FMS): a controlled randomized study.

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PURPOSE: To evaluate the effect of a 7-week Qigong intervention on subjects with Fibromyalgia Syndrome (FMS). **METHODS:** The study was a controlled randomized study with repeated measures. Fifty-seven FMS female subjects were randomly assigned to an intervention group (n = 29) or a waiting-list control group (n = 28). After completion of the experimental part, the control group received the same intervention. Collection of data was made at pre- and post-treatment and at 4-month follow-up for both groups. **RESULTS:** During the experimental part of the study, significant improvements were found for the intervention group, at posttreatment, regarding different aspects of pain and psychological health and distress. Almost identical results were found for the combined group. At 4-month follow-up, the majority of these results were either maintained or improved. **CONCLUSION:** The overall results show that Qigong has positive and reliable effects regarding FMS. A high degree of completion, 93%, and contentment with the intervention further support the potential of the treatment. The results of the study are encouraging and suggest that Qigong intervention could be a useful complement to medical treatment for subjects with FMS.

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