Efficacy of low power laser therapy in fibromyalgia: a single-blind, placebo-controlled trial

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Low energy lasers are widely used to treat a variety of musculoskeletal conditions including fibromyalgia, despite the lack of scientific evidence to support its efficacy. A randomized, single-blind, placebo-controlled study was conducted to evaluate the efficacy of low-energy laser therapy in 40 female patients with fibromyalgia. Patients with fibromyalgia were randomly allocated to active (GaAs) laser or placebo laser treatment daily for two weeks except weekends. Both the laser and placebo laser groups were evaluated for improvement in pain, number of tender points, skinfold tenderness, stiffness, sleep disturbance, fatigue, and muscular spasm. In both groups, significant improvements were achieved in all parameters (p < 0.05). It was found that there was no significant difference between the two groups with respect to all parameters before therapy whereas a significant difference was observed in parameters as pain, muscle spasm morning stiffness and tender point numbers in favour of laser group after therapy (p