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A CASE OF SEVERE FIBROMYALGIA IN FEMALE 23 YEARS OLD. PAIN THROUGHOUT THE BODY. TREATED WITH A.E.B. METHOD FOR THREE MONTHS

Tiziano Pacini

Contacts: ul. D. Vatax, 30 -1510 Sofia, Bulgaria

Cell. +359878474304, +393355262723,

e-mail: tizianopacini@gmail.com

Quirina Cantini

Contacts: via Del Padule, 40 - 50012 Firenze

Cell. +393482688496

e-mail: cantiniquirina@gmail.com

Elisabetta De Juliis

Contacts: via Mulinaccio, 11 - 50032 Borgo San Lorenzo, Italia

Cell. +393356477583

e-mail: elisadejuliis@gmail.com

Abstract: Severe fibromyalgia, pain in the temporomandibular joints, pain spread throughout the body, three months treatment started with Anthropometric Ergonomic Biomechanical (A.E.B.) Method: person with fibromyalgia, scoliosis and postural disorders in all body was treated using the Anthropometric Ergonomic Biomechanical method. The person is currently in medical treatment and it is possible to obtain advantages with the A.E.B. Method but, at the moment, the pain persists.

Key words: Posture, Anthropometric Ergonomic Biomechanical Method, fibromyalgia, back pain, pain in the temporomandibular joints.

JEL Codes: I 10, I 20

INTRODUCTION

The person is female and is 23 years old and presents with pains spread everywhere in the body in a serious way. At 2 years she falls from the high chair, knocking her head without any obvious consequences. 10-year-old starts knee pain: medical diagnosis of bilateral patella subluxation. At age 18, pain in the back-lumbar spine begins; Pain is described as alternating, muscular, posture-dependent, alternating with moments of well-being. Chiropractors and osteopaths performed manipulations without any certainty. After about one year the pain spreads over the neck and over the shoulders; Finally, it radiates to the temporomandibular articulation. Between 19 and 20 years the dominant pain becomes skull-facial. Subsequently he had maxillo-facial surgery at the temporomandibular joints. Enter psychotherapy in September 2016: Obsessive-compulsive syndrome is diagnosed. Psychotherapy sessions make it better, but pain persists The person is still in therapy of pain and psychotherapy with various drugs but they do not produce any result.

As can be seen in Fig.1 at Start, the face shows obvious asymmetries. It is noted that the left cheek is very asymmetric compared to the contralateral.

By inserting the first Plaque of decoupling after 60 days, Fig.2, a change in tension on the face is observed. In Fig.3 a change has been made to the plaque itself and, as can be observed, immediately there is a change in the forces that insist on the face and skull that is positioned differently. Finally, in Fig.4, we notice a greater symmetry on cheeks, however, skull conformation and eye alignment cannot be observed due to too little application time.

The Plaque of decoupling works in conjunction with podalic tutoring systems made up of

special ergonomic footwear, built to measure, which mimic an environment more suitable for the specific person, according to Anthropometric Ergonomic Biomechanical (A.E.B.) Method.



During 90 days of treatment, the person moved from a standard correction system to a customized system, inserted 30 days after the start. Indeed, what can be seen is the result of only 60 days of tailor-made correction.

Hereunder we have the postural variation obtained in the front view, Fig.5, 6.7 and 8.



We can observe Fig.5 images as the person was slightly symmetric (see red arrows) and in Fig.6 and 7 after 7 days and after 60 days the person was extended and symmetric.

Finally, in Fig.8 as you can see the shoulders are much higher along with all the upper part of the body.

We can also look the same in the images of the back of the body, Figures 9, 10, 11 and 12.

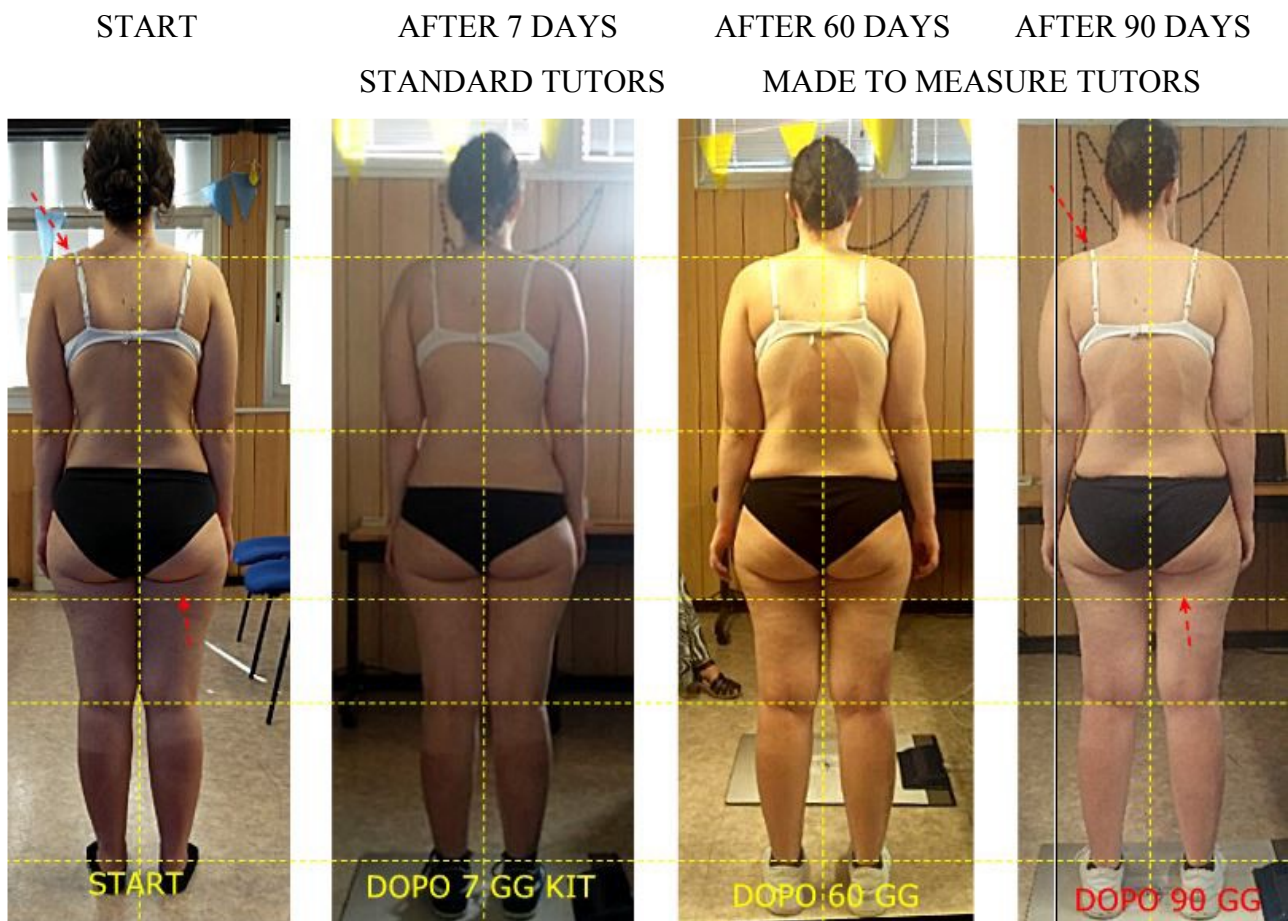


Figure 9.

Figure 10.

Figure 11.

Figure 12.

It can be seen how the work and structure of the gluteal muscles have changed profoundly from Fig.9 to Fig.12 where you can see the tallest buttocks along with a straighter dorsal area with the broadest neck. Finally, the position of the upper limbs results in greater mutual symmetry. The whole body looks more open and this allows breathing much easier because the chest can move more easily during the respiratory action. Finally, here are the side images of the person.

In the lateral images, it is much clearer and more obvious path of change in the management of the gravitational field that the body did in the 90 days of job with tutorial system.

Indeed, in Fig.13, a body that carries the pelvis in antversion to which it follows a retraction of all the back with consequent advancement of the head to keep the station erect. In this way of managing the gravitational field, however, we find a great disadvantage as to the need to keep the arms forward with the consequent closure of the chest. Additionally, a worsening of the internal organs' position remains compressed and under excessive and incorrect tension.

In fact, Fig.14 and 15 show a first change until finally arriving after 30 days, Fig.16 to a much larger extent of the body.

In Fig.16, however, the whole body tends to be inclined forward.

Only with the tutors built to measure and representative of the correct living environment as well as with a plaque of decoupling with the support of the finally corrected occlusal plane can manage to obtain, Fig.17 a truly rigid and convenient antigravity posture or Ergonomic.

Unfortunately, this passage so beneficial Postural ergonomic in this person is not yet followed by an important improvement in the symptoms of pain both for the short time of use and for medical management problems.

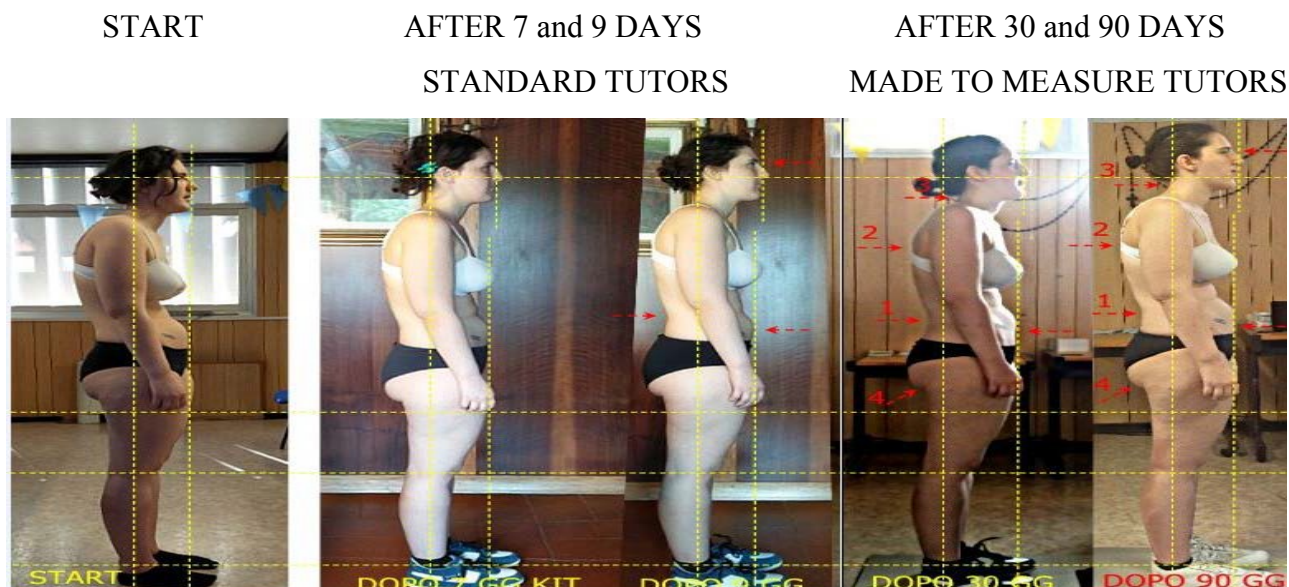


Figure 13.

Figure 14.

Figure 15.

Figure 16.

CONCLUSIONS

After 90 days of ergonomic treatment of posture, we evaluated the results with the Anthropometric Ergonomic Biomechanical (A.E.B.) Method parameters. The situation was:

1. The symptoms did not disappear after the treatment with Tutors made with A.E.B. Method
2. The person wore tutors all the day and still uses them (systems constitute to the person a new environment more suitable and natural.
3. Doctors are looking for an appropriate cure for good symptom management.

Materials and methods:

Baropodometer Footchecker Loran Eng., 2012

Anthropometric Ergonomic Biomechanic Method (A.E.B.)

Body extension bench Postural Center OOD., 2013

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