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Relationships between the Fibromyalgia Impact Questionnaire, pain severity, psychological profile and Muscle Strength in Female Patients with Fibromyalgia

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Objectives The aim of this study was to compare various performances between women with fibromyalgia (FM) and healthy female controls and to assess the relationship between muscular function, pain intensity, disease severity and psychological profile in the fibromyalgia.

Methods We included forty-six women divided into two groups: the first group included 21 fibromyalgia patients and the second group included 25 healthy controls. All subjects had an evaluation of the trunk and knee muscular strength in the dominant limb using an isokinetic dynamometer. This assessment involved a measurement of the maximal concentric isokinetic muscle strength of the knee flexors and extensors at both 60°/s and 180°/s angular velocity, and a measurement of the maximal concentric isokinetic muscle strength of the trunk flexors and extensors at 60 and 150°/s. Muscular resistance to fatigue is assessed when the subject has performed 30 chained concentric contractions of maximum intensity at an angular velocity of 180°/s. The measured parameters were the peak of torque and the cumulative work. We evaluated the pain intensity both at rest and during exercise using visual analogical scale, the psychological profile via HAD scale, and the disease severity using the fibromyalgia impact questionnaire (FIQ).

Results The strength and endurance of knee and trunk muscles were lower in fibromyalgia. The difference between these groups was significant (P < 0.05). The isokinetic trunk deficit predominated on the trunk extensors (P < 0.001). Mean decrease were 34.5% (P < 0.05) for trunk flexors, 70% (P < 0.05) for the trunk extensors, 20% (P < 0.05) for the knee flexors and extensors, and 75% (P < 0.001) for fatigue resistance. There were no significant correlations between isokinetic parameters, FIQ, pain intensity and psychological profile.

Discussion Muscular strength and endurance were decreased in both knee and trunk muscles in fibromyalgia patients. The relationship between muscular strength, psychological profile and disease severity is weak. This implies that separate evaluations and treatments for every single co-morbidity are imposed.

Keywords Fibromyalgia; Muscular strength; Isokinetic; Fatigue; Fibromyalgia impact questionnaire

Disclosure of interest The authors have not supplied their declaration of conflict of interest.

Further reading


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Hoffa disease: Report of a case

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Introduction Hoffa disease or hoffite is an intrinsic pathology of the infra-patellar fat body. It is defined as an acute or chronic inflammation of the infra-patellar fat.

Observation A 42-year-old woman consulted in December 2013 for pain of the right knee, located around the patella and lasting for several years. She described a trauma several years ago. On physical examination, an anterolateral mass was palpated, the patient had active and passive restriction of flexion and extension movements of the knee. A standard radiological showed an opacity in the infra-patellar fat body. CT showed an ossification of the infra-patellar fat and an infiltration of it. Conservative treatment was proposed as first-line with cryotherapy, NSAIDs orally associated with an immobilization by orthosis, resulting in an improvement in pain.

Discussion and conclusion Inflammation of Hoffa originates in crushing of the Hoffa fat between the femur and the tibia during extension. Several mechanisms are involved: acute trauma, strain, overuse. It will consequently occur an hypertrophy of fat, causing a vicious cycle of bleeding, inflammation. The Hoffa’s disease affects mostly young women. The classic symptoms of anterior knee pain occurs preferably when climbing and descending stairs (patella syndrome). Conservative treatment will be offered in the first intent, including cold-packs, NSAIDs orally, more or less associated with an immobilization of the knee for a short period, followed by exercises in order to recover the range of motion. It can also be proposed a corticosteroid infiltration in the Hoffa fat. In case of failure of conservative treatment or if Hoffa’s disease lasts too long, arthroscopic resection remains the treatment of choice.

Keywords Knee Hoffa disease; Reeducation

Disclosure of interest The authors have not supplied their declaration of conflict of interest.

Further reading


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Neglected ruptures of the patellar tendon: About 24 cases

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Objectives The subject of this work is to clarify the epidemiological, clinical, therapeutic and prognostic of neglected rupture of the patellar tendon.

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