

# SACRAL PRF AS TREATMENT FOR CHRONIC FIBROMYALGIA

Olav J.J.M. Rohof, MD, PhD, FIPP; Amsterdam, Dirk Peek, MD, FIPP, Geleen, The Netherlands

## Introduction

Fibromyalgia is nowadays considered as being a “central sensitivity syndrome”. The changes in central sensitization are triggered by long-standing psychological or physical stress and result in non-painful stimuli being experienced as painful. Patients usually suffer for a long time and medical shopping is often observed. The treatment is frequently a process of trial and error, with physical therapy, cognitive behavioral treatment and drugs. We performed an observational trial of sacral PRF in patients with refractory fibromyalgia.

## Methods

Patients attending the pain clinic with a history, signs and symptoms of fibromyalgia were screened according to the ACR diagnostic criteria, after exclusion of other potential causes of the pain and red flags, informed consent was obtained.

Patients were treated with PRF in the sacral spinal canal.

X-Sacral epidural positioning to S3 SMK 15 cm with 2 cm active tip Contrast 1 ml (mostly epidural spread to L5)

Electrostimulation 50 Hz to < 2 Volt  
PRF 5/5/55V 10 min, looking for “stunning” ,



## Results

20 female patients mean age of 52.5 years  
Predominantly fibromyalgia lasting several years, other pain syndromes were observed concomitantly.  
Total 42 sacral PRF treatments.  
mean VAS score changed from 7.8 to 3.3 at follow-up. The mean duration of effect was 4.7 months

## Conclusion:

The patients included in this series were suffering for several years. In some cases we performed a treatment of an additional pain source (e.g. abdominal/visceral pain, oncologic pain) during the follow-up. The results suggest that sacral PRF may be a useful treatment for patients with refractory fibromyalgia. More studies regarding inclusion criteria and treatment of other pain syndromes should confirm the value of this treatment