



In Motion

Highlighting Articles Advancing Pain Research in Canada and the World

Featured article:

Janzen, T. B., Paneduro, D., Picard, L., Gordon, A., & Bartel, L. (2019). **A parallel randomized controlled trial examining the effects of rhythmic sensory stimulation on fibromyalgia symptoms.** PLOS ONE, 14(3), e0212021. <https://doi.org/10.1371/journal.pone.0212021>

Key insights from the study:

- **Rhythmic Sensory Stimulation:** The study investigates how gamma-frequency rhythmic sensory stimulation (RSS) can reduce fibromyalgia symptoms.
- **Symptom Improvement:** Significant reductions were found in pain, depression, and sleep issues, suggesting RSS as a promising non-drug therapy.
- **Non-Pharmacological Potential:** RSS could offer a valuable, non-invasive treatment option for managing chronic pain.

What happened?

In this randomized controlled trial, 50 fibromyalgia patients were assigned to receive one of two types of RSS for 30 minutes, five days a week over five weeks, alongside their usual care. Researchers measured changes in fibromyalgia symptoms, pain, depression, and sleep before and after treatment.

Why is it important?

This study suggests that RSS could be an effective, non-drug therapy for reducing fibromyalgia symptoms and improving quality of life. The findings encourage further research into using sensory stimulation in chronic pain management.

What now?

RSS shows potential as an addition to fibromyalgia treatment options. Future studies should explore the mechanisms of RSS and its effects on chronic pain. Although this article was retracted by the journal editors for lack of a sham control, the authors strongly disagree with this decision and the paper still provides valuable insights for chronic pain research since it legitimately compared two different treatments.