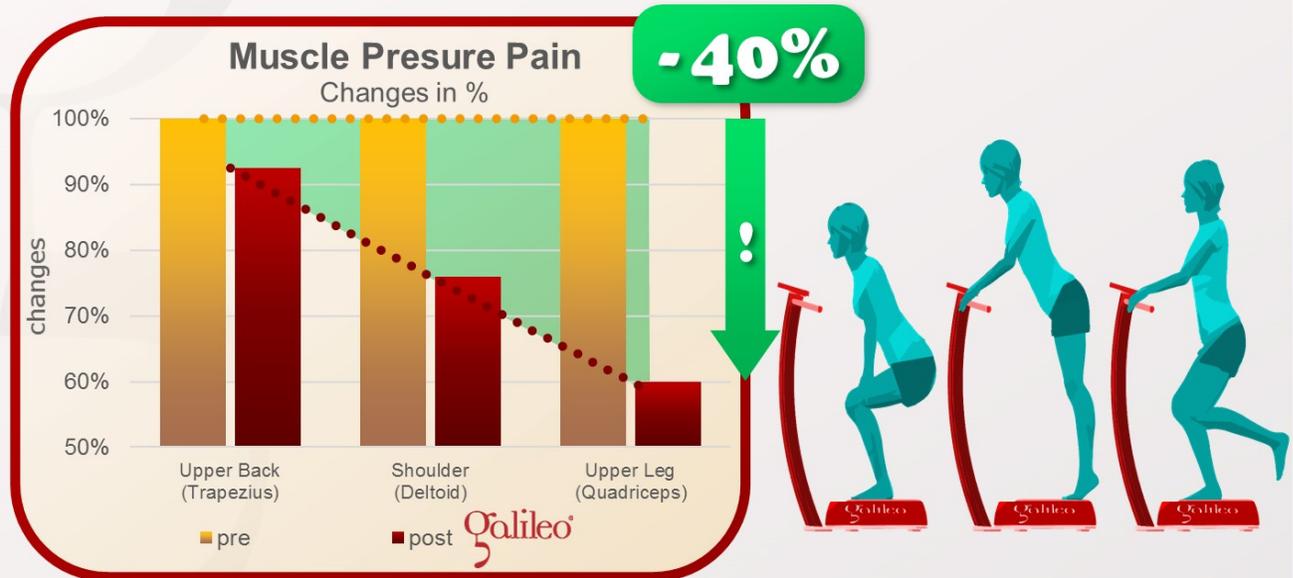


Can Galileo Training reduce pain in Chronic Fatigue Syndrome patients ?

The answer is: YES

This study reported the effects of pain reduction in patients with Chronic Fatigue Syndrome (CFS) after 6 months of Galileo Training. The patients previously received at least 6 months of standard therapy without and improvements (18/22 Hz, pos. 4, 4x2 min., 3/week, 6 months, 4 different positions). The Galileo Training significantly reduced pressure pain at different muscle groups (upper back, neck, upper leg) by up to 40%.



Saggini R, Vecchiet J, Iezzi S, Racciatti D, Affaitati G, Bellomo RG, Pizzigallo E: Submaximal aerobic exercise with mechanical vibrations improves the functional status of patients with chronic fatigue syndrome; *Eura Medicophys.*, 42(2):97-102, 2006; PMID: 16767057; GID: 298

The use of our muscles (locomotion) in general has positive effects in various aspects in our life.

Disuse or not using our muscles on the other hand leads to negative effects which quite often are even more dramatic than the effects of a disease itself. A good example for this is [#GRFS56](#) and [#GRFS57](#) which show that even extremely deconditioned muscles can profit from training – the question is not if training or not, the question is what is the best training and at what intensity?

This study reported the effects of 6 Months of Galileo Training on muscle pain in chronic fatigue syndrome (CFS) patients. Over half a year users trained 3 times per week, 2 times for 2 minutes doing different exercises starting at 18 Hz and after two months increasing the frequency to 22 Hz. The result was Galileo Training decreased muscle pressure pain by up to 40%.

Two points are quite interesting in this study: 1) all patients received at least 6 months of standard physio therapy without any improvements of the symptoms before they started Galileo Training; 2) even though all exercises were in standing position and therefore the muscle training was focused on the legs and the lower back, improvements in the upper back and the shoulders were still significant and up to 25%.



[Eura Medicophys.](#) 2006 Jun;42(2):97-102.

Submaximal aerobic exercise with mechanical vibrations improves the functional status of patients with chronic fatigue syndrome.

Saggini R¹, Vecchiet J, Iezzi S, Racciatti D, Affaitati G, Bellomo RG, Pizzigallo E.

Abstract

AIM:

Chronic fatigue syndrome (CFS) is an illness characterised by disabling fatigue of uncertain aetiology and other nonspecific symptoms. Typically CFS patients complain of a severe fatigue made worse by exercise, with a consistent reduction of working activity. A physical deconditioning could explain CFS features as well as a neuromuscular dysfunction, of central or peripheric origin.

METHODS:

Ten CFS patients were enrolled in a protocol of a rehabilitative treatment over a six-month period: they underwent a submaximal and predominantly aerobic exercise with a reduced O₂ consumption using a Galileo 2000 system that provides mechanical vibrations characterised by sinusoid vertical sollecitations. Before and after such treatment, all patients underwent a pressure pain thresholds profile, an evaluation of physical and psychosocial parameters using the visual analogue scale (VAS) of Scott-Huskisson, and a muscle performance analysis by the CIBEX 6000 dynamometer.

RESULTS:

After the six-month period of study there was an overall improvement of the above described parameters as compared to the basal determinations.

CONCLUSION:

We conclude that the rehabilitative exertion provides a useful treatment for CFS patients particularly to realize an effective training of the explosive strength.

PMID:16767057