

# Floatation REST Therapy Results in Pain Relief and Relaxation for Fibromyalgia Patients

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## Summary

Initial results from a recent international research study demonstrate that Floatation REST therapy can help sufferers of Fibromyalgia relax, manage pain and attend to tasks which normally cause them difficulty.

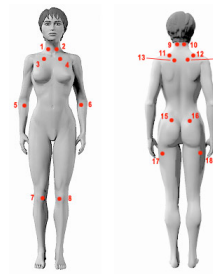
Twenty-three volunteers completed a total of three one-hour floatation sessions, which were held five to seven days apart. Almost all of the volunteers were women aged 30 to 62.

The patients were asked to self report on a number of measures related to emotional and physical well-being. Directly before and after each session, patients used a ten point scale to indicate their levels of stress, pain, muscle tension, movement, energy, well-being, relaxation, sadness and anxiety. On average there were significant changes in all patient-reported levels, and in the direction expected, though the magnitude of these changes varied.

Across floatation sessions, decreases in muscle tension and pain were evident. For both variables, patients indicated a 25% reduction in the first session and a 33% reduction in the third session. Pain relief lasted an average of 2.5 days, and in the small sample (n=8) of patients who completed all trials and provided duration scores, the average progression was 1.9 days, 2.5 days and 3.2 days in order of floats. Statistical analysis revealed that during all floats the patient's level of relaxation increased 30% on average and levels of stress decreased 30%.

## About Fibromyalgia

Fibromyalgia is a syndrome characterized by chronic pain and soreness in muscles,



**-30% stress**  
 Patients reported an average 30% drop in stress levels after each float session.

**2.5 days of pain relief**  
 The average duration of pain relief reported after a float. The duration appears to increase with each float session.

*Fibromyalgia patients experience immediate and cumulative benefits from floating. Floatation REST relaxes the patient and provides relief to tender "trigger points" located throughout the body.*

tendons and other connective tissue. It affects millions of people worldwide, and it is treatable but not known to be curable.


## About Floatation Therapy


Floatation REST, which stands for Reduced Environmental Stimulus Therapy, involves the use of a specially designed floatation tank, pool or room. The patient floats on his or her back in a shallow body of water highly saturated with Magnesium Sulphate (Epsom salt), a mineral compound known for its benefits to health. The patient remains calmly buoyant in an environment of reduced light, sound, touch and other sensory input. Floatation sessions generally last about an hour and cost about the same as a massage.




**Want to participate? Contact us...**  
[research@floatation-therapy.org](mailto:research@floatation-therapy.org)

Find these participating centres and more at [www.floatfinder.com](http://www.floatfinder.com)

**The Floatworks**   
 1 Thrale Street  
 London SE1 9HW  
 United Kingdom  
 Tel: +44 (0)20 7357 0111  
 Website

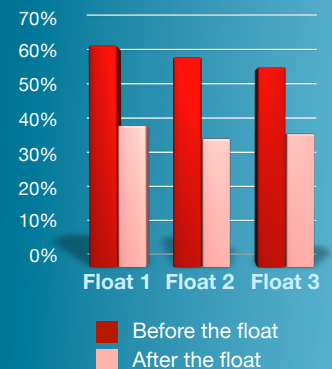
**Tranxx**   
 Akazienstraße 27/28  
 10823 Berlin  
 Germany  
 Tel: +49 (0)30 789 55 153  
 Website

**At Peace Floatation**   
 1304 Glade Rd #300  
 Colleyville, TX 76034  
 United States  
 Tel: +00 1 817 485 3223  
 Website

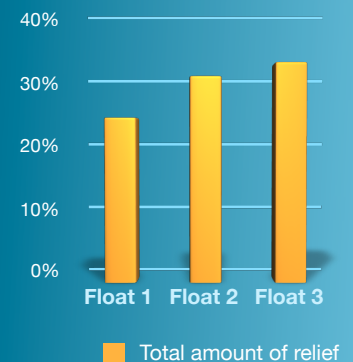
**Float Plaza**   
 Weena 713  
 3013 AM Rotterdam  
 Netherlands  
 Tel: +31 (0)10 2800999  
 Website

## What are some of the benefits of floating for FM patients?

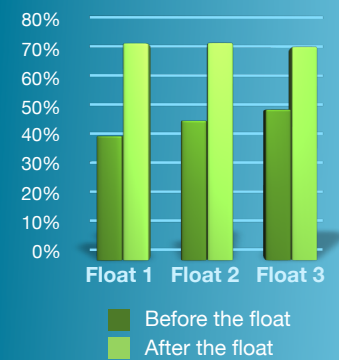
### Muscle Tension -33%



### Pain Relief +33%



### General Relaxation +30%



## Fibromyalgia Groups

Research [www.nfra.net](http://www.nfra.net)  
 Europe [www.enfa-europe.eu](http://www.enfa-europe.eu)  
 USA [www.fmaware.org](http://www.fmaware.org)  
 USA [www.afsafund.org](http://www.afsafund.org)  
 UK [bit.ly/fibro-UK1 + UK2](http://bit.ly/fibro-UK1+UK2)

## Floatation Associations

Germany [bit.ly/float-dfv](http://bit.ly/float-dfv)  
 Netherlands Email  
 Sweden [bit.ly/float-sff](http://bit.ly/float-sff)  
 UK+Ireland [bit.ly/float-fta](http://bit.ly/float-fta)

## Floatation Therapy Research Group

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