MELBOURNE, January 2016 - Recent research in Sweden presents compelling evidence supporting the positive effects of REST floatation therapy on fibromyalgia treatment. Participants reported a decrease in pain, muscle tension, stress and anxiety, and improved mood, wellbeing and even better quality of sleep. Inner Outer Health, a Melbourne-based floatation therapy private centre is enrolling Australian fibromyalgia sufferers to further test the potential benefits of this unique, non-invasive alternative treatment.

Fibromyalgia, also known as fibrositis or fibromyositis, is a complex, chronic and often-misunderstood disorder that causes aches and pain in the muscles and joints. Sufferers report pain and tenderness throughout the body, and the causes of the disorder are not scientifically proven; neither can a lab test identify the disorder. Fibromyalgia typically occurs in women, but some men and even children are also affected.

People with fibromyalgia may also suffer from rheumatoid arthritis, lupus (systemic lupus erythematosus), and spinal arthritis (ankylosing spondylitis), which may also mimic fibromyalgia. The disorder may be attached to more than one family member as it may be hereditary. Fibromyalgia can be difficult to treat, and effective treatment may require a multidisciplinary team approach.

In 2010, Dr. Roderick Borrie helped organise “floatation centers in five countries, recruiting eighty-one people diagnosed with fibromyalgia” and set out to identify potential benefits of floatation technology on this disorder. Results demonstrated that floatation REST (Restricted Environmental Stimulation Therapy) “provided significant temporary reductions in pain, muscle tension, stress, anxiety and sadness, as well as significant increases in relaxation, feelings of well-being, energy and ease of movement.” Improvement in the quality of sleep was also reported.

The study showed promising effects for those fibromyalgia sufferers looking for non-drug treatment options to help manage and reduce pain.

The current study is designed to explore longer-term possibilities for fibromyalgia patients in Melbourne Australia. “Floatation is intended to mimic the peaceful state that all humans experienced when they were inside the mother’s womb,” says Lena Yammine, owner of Inner Outer Health, “our floatation tanks are designed to insulate patients from external noise and distractions escaping the force of gravity entirely.”

Floatation therapy facilitates a deep state of relaxation for participants to float on their backs in a warm magnesium-enriched water solution completely insulated from outside stimuli. Float tank water contains 1160% more salt than ocean water making it up to twelve times more buoyant than ocean water. This superior level of buoyancy enables the body to float without being affected by gravity providing excellent relaxation.

To participate in the Australian floatation study participants are required to obtain a doctor’s certificate verifying that they do suffer from fibromyalgia. Additionally, participants will be required to complete standardised questionnaires about their illness and lifestyle, and their experience of the floatation study.

For more information or to register for the next available intake click here.

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