

Effects of the Myofascial Release in Diffuse Systemic Sclerosis: Case Study.

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BACKGROUND Schleroderma is a “chronic inflammatory disease of the connective tissue”¹, “characterized by the cutaneous sickness and consequent generalized fibrosis in the skin and obliterative and proliferative vascular lesions, with several levels of evolution, that can take multiple organs with residual atrophy and fibrosis”². The objectives have been to verify the effect of the Myofascial Release Technique (MRT) in the flexibility of the skin, of the myofascial tissue and the joints. The patient, female, 43 years old, diagnosed in 1998, presented associated manifestations: Raynaud Phenomenon (accented in the winter), sclerodactyly, pulmonary fibrosis, telangiectasy, changing of pigmentation and hipothyroidism.

METHOD - FIRST ESTAGE 20 sessions of MRT from June to November of 2002. Evaluations had been made before and after the sessions, by means of the physiotherapeutic evaluation report, thoracic expansion measure, packimetry of the hands and opening of mouth, and goniometry of the hands. The initial evaluation determined the session schedule. The main complaint of the mobility and pain referred to bilateral temporo-mandibular joint-TMJ and limitation to the opening of the mouth, to the upper right limb (RL), specially the limb-hand, and to right anterior thoracic region (RT) by scar of pulmonary biopsy. - **YEARLY NEW STAGES:** In the beginning of the winter 2 or 3 sessions has been made, focusing the same spots.

RESULTS All the items has been improved: the opening of the mouth has increased in 8mm, the pain and the TMJ noises was eliminated, Raynaud effects were reduced (winter without bleeds and ulcerations), and it has increased the length and the distance between fingers, resulting greater amplitude of movement in almost 100% of surveyed joints, minimizing difference between right and left hands and also approaching the amplitude in relation to the standard Amélia Marques³, as a paradigm.; the profits in the face had retreated partially after 110 days, but after retaken the work, it revealed malleable and remodeled. The thoracic expansion measure got real profit of expansion of 4% without intensive work on the thorax at that moment. The annual sessions has been keeping all the results.

CONCLUSION - The connective tissue affected by DSS The connective tissue in DSS competed with MRT work by retreating afterwards, but answers favorably, even more at second work, after 4 months. There had been benefits either for the comfort and functionality to the patient.

REFERENCES

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² PEREIRA *ET AL.* 1986 in CARVALHO, N.A.de A. **Uma proposta hidroterápica em portadores de Esclerodermia**. São Paulo: Universidade Bandeirante de São Paulo, Monografia, 1998.

³ MARQUES, A.P. **Manual de Goniometria**. São Paulo: Manole, 1997.