

# Effects of exercise on functional aerobic capacity in adults with fibromyalgia syndrome: A systematic review of randomized controlled trials

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**BACKGROUND:** Patients with fibromyalgia present a reduced capacity of upper and lower limb physical performance and affect their independence in performing everyday activities. **OBJECTIVE:** The purpose of the present systematic review was to summarize evidence for the effectiveness and structure of exercise programs on functional aerobic capacity in patients with fibromyalgia syndrome. **METHODS:** Keyword searches were made of seven databases. The systematic review was limited to English language studies of people with FM that evaluated the effects of exercise programs on functional aerobic capacity (6-minute walk test). **RESULTS:** The criteria for inclusion were satisfied by 12 randomized controlled trial (RCT) studies. The main cumulative evidence indicates that the programs based on aerobic exercise alone and on aquatic exercises have large (effect size = 0.85) and moderate (effect size = 0.44) effects. **CONCLUSIONS:** Aerobic and aquatic exercises at the proper intensity favour the increased functional aerobic capacity of fibromyalgia patients; however, most works do not adequately detail the intensity of the exercises. Moderate intensity exercise (aerobic and aquatic exercise) performed at least two times per week and 30-60 minutes a day is effective for increasing functional aerobic capacity, favouring the daily activities of daily living in this population. © 2015-IOS Press and the authors. All rights reserved.

aerobic exercise

aquatic exercise

Fitness

strength

aerobic capacity

aerobic exercise

aquatic exercise

fibromyalgia

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randomized controlled trial (topic)

Review

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exercise

exercise test

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Activities of Daily Living

Adult

Exercise

Exercise Test

Exercise Therapy

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Humans

Randomized Controlled Trials as Topic