

# Cold application decreases fibromyalgia pain

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(HealthDay)—Local cold applications on the trapezius muscles significantly decreases the pain of patients with fibromyalgia, according to a study published online April 17 in the *International Journal of*

*Rheumatic Diseases.*

Naside Yilmaz, from the Erzurum Regional Training and Research Hospital, and Emine Kiyak, Ph.D., from Ataturk University, both in Turkey, evaluated the effects on pain of a 10-minute local cold application applied to one trapezius muscle in each of 55 patients with fibromyalgia.

The researchers found that the patients' mean pain score before the cold [applications](#) was found to be significantly higher than the scores reported at 10 minutes, 1.5 hours, and 24 hours after the application.

"With its discovery of a new method of pain control in fibromyalgia patients, this study will significantly contribute to science and will serve as a guide for [pain management](#), especially in nursing practice. Further studies to evaluate the maximum effect duration and effect mechanisms of local cold applications to the trapezius muscles of FM patients are indicated," conclude the authors.

**More information:** [Abstract](#)  
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