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## **Synergistic effect of laser and therapeutic ultrasound for fibromyalgia: new development protocols**

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Hide Abstract –

Fibromyalgia is a complex syndrome characterized by musculoskeletal pain lasting more than 3 months, with a higher prevalence in females. Physiotherapy is indicated for analgesia and inflammation reduction. A prototype was developed by the IFSC (USP), which produces a synergistic effect of ultrasound and laser with field overlap. Several study steps were carried out: Treatment on the trapezius muscles versus Treatment palms. Optimization of treatment frequency. Finally, application in 3 groups with isolated therapies and synergistic therapy. It is concluded that the combined effect of ultrasound and laser has a potentiating and beneficial response for patients with this complex syndrome.