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Tai Chi is probably better than aerobic exercise for fibromyalgia

A randomised trial of Classic Yang Tai Chi versus aerobic exercise found that Tai Chi twice a week for 24 weeks, was clinically and statistically better on the revised fibromyalgia impact questionnaire than aerobic exercise.¹

During the first week in the aerobic control group, participants completed a 15 minute warm-up, 20 minutes of aerobic training (50-60% of estimated maximum heart rate) twice per week and a 25 minute cool-down. The program was individually tailored. All participants increased the duration and intensity of exercise by five minutes every two weeks. By weeks 10 to 12, the session included 40 minutes of aerobic training (60-70% of estimated maximum heart rate). Participants were asked to walk up to 30 minutes a day.

Aerobic exercise is a second line treatment after medication (according to BMJ Best Practice database) but the numbers needed to treat for amitriptyline are 4 while for aerobic exercise they are also 4.^{2,3}

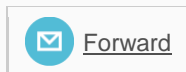
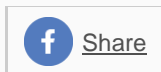
References:

1. Effect of tai chi versus aerobic exercise for fibromyalgia: Comparative effectiveness randomized controlled trial. ResearchGate 2018. [Click here](#)
 2. Amitriptyline for fibromyalgia in adults (Review). Cochrane Database of Systematic Reviews 2015. [Click here](#)
 3. Aerobic exercise training for adults with fibromyalgia. Cochrane Database of Systematic Reviews 2017. [Click here](#)
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