Reference

Riachi, Naji[a,b]; Chalah, Moussa A.[c,d,e]; Ahdab, Rechdi[e]; Arshad, F.[f]; Ayache, Samar S.[c,d,e,g]

Effects of the TENS device, Exopulse Mollii Suit, on pain related to fibromyalgia: An open-label study

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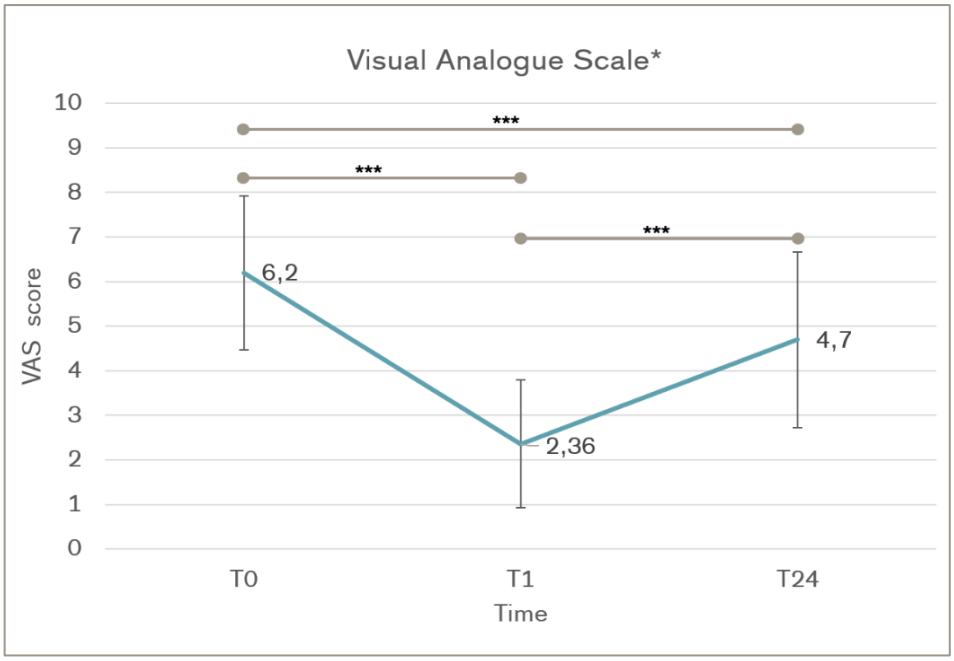
Products

EXOPULSE Mollii Suit

Major Findings

With EXOPULSE Mollii Suit:

→ Significant reduction in subjective Pain Rating



*VAS score for pain before (T0), right after (T1), and 24h after (T24) stimulation. Significant change: ***p<0.001.*

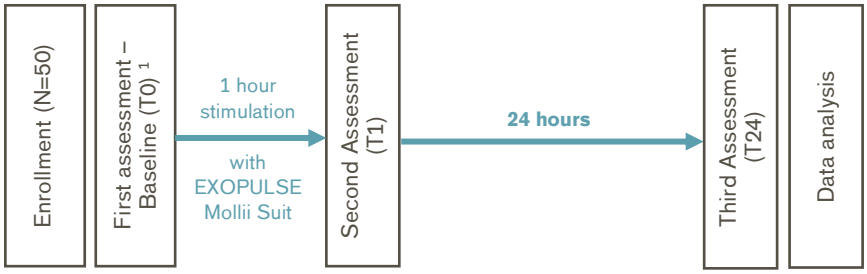
*The Visual Analogue Scale (VAS) is a psychometric response scale that measures subjective characteristics, e.g., pain or attitudes that cannot be directly measured. It rates pain from 0 (no pain) to 10 (worst pain imaginable).

Population

Subjects:	N = 50 (all female)
Etiology:	Fibromyalgia (at least three months); history of pain (at least 6 months); no pharmacological therapies
Mean age:	53.33 ± 7.08 years

Study Design

Single intervention prospective study:



Pain was assessed via the Visual Analogue Scale (VAS*) before using the stimulation device (T0), directly after using it for 1 hour (T1) and 24 hours (T24) after using it.

Results

Body Functions & Structure					Activity			Participation	Environment
Pain	**Spasticity**	**Physiological function**	**Psychological function**	**General Health**	**Activity**	**Mobility & Safety**	**ADLs**	**Preference, Satisfaction, QoL**	**Health Economics**

Category	**Outcomes**	**Results for Baseline vs. Mollii Suit**	**Sig.***
Pain	Visual Analogue Scale (VAS)	Subjective Pain rating reduced by 62% after one session (VAS_{T0}: 6.20 ± 1.73 to VAS_{T1}: 2.36 ± 1.44)	++
		Subjective Pain rating reduced by 25% 24h after one session (VAS_{T0}: 6.20 ± 1.73 to VAS_{T24}: 4.70 ± 1.97)	++

* no difference (0), positive trend (+), negative trend (–), significant (++/––), not applicable (n.a.)

Author's Conclusion

Applying Exopulse Mollii Suit over a single 60min session resulted in significant analgesic effects that were observed immediately after the session and lasted for at least 24h. Unlike conventional TENS devices (…), Exopulse Mollii Suit can simultaneously stimulate 40 muscular sites accounting for the diffuse nature of fibromyalgia pain. It additionally overcomes difficulties encountered in electrode placement and positioning (Riachi *et al.*, 2023).

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