


The effects of repeated thermal therapy for two patients with chronic fatigue syndrome

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Objective This paper describes the successful treatment of two patients with chronic fatigue syndrome (CFS) using repeated thermal therapy. **Methods:** Two patients with CFS underwent treatment with prednisolone (PSL), with no satisfactory effect. They were subjected to thermal therapy that consisted of a far-infrared ray dry sauna at 60 °C and postsauna warming. The therapy was performed once a day, for a total of 35 sessions. After discharge, these subjects continued the therapy once or twice a week on an outpatient basis for 1 year. **Results:** Symptoms such as fatigue, pain, sleep disturbance, and low-grade fever were dramatically improved after 15 to 25 sessions of thermal therapy. Although PSL administration was discontinued, the subjects showed no relapse or exacerbation of symptoms during the first year after discharge. The patients became socially rehabilitated 6 months after discharge. **Conclusions** These results suggest that repeated thermal therapy might be a promising method for the treatment of CFS.

Keywords: [Chronic fatigue syndrome](#), [Far-infrared ray dry sauna](#), [Fatigue](#), [Pain](#), [Body temperature](#)

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