

Researchers at the VA Boston Healthcare System are seeking individuals with Fibromyalgia and Posttraumatic Stress Disorder (PTSD). We want to provide a **personalized exercise plan** that may help reduce your Fibromyalgia and PTSD symptoms.

We are also interested in how your experience of trauma and Fibromyalgia may affect your recovery.

Your participation could help improve treatment of Fibromyalgia and PTSD in the future.



Contact
Dr. Erica Scioli and
her study team at
857-364-6293
for more information

**INDIVIDUALS
WITH
FIBROMYALGIA
& PTSD:**

**Try a
personalized
exercise plan!**



CHRONIC PAIN AND PTSD

- **Recent research suggests:**
 - Many Fibromyalgia sufferers have had a traumatic experience, showing a strong correlation between Fibromyalgia and PTSD.
 - Individuals with both Fibromyalgia and PTSD may suffer from greater pain, distress, and disability than if they have either condition alone.
 - Opioid prescriptions are found to be ineffective when treating Fibromyalgia pain.

Who can participate?

- Individuals ages 18 to 60 with Fibromyalgia
- Not on some medications; pain and anti-depressants allowed
- Exposure to traumatic event(s) in the past

What can you expect if you participate?

- First you will be interviewed over the phone to determine your eligibility
- At the Jamaica Plain campus, there will be two sessions of further eligibility screening
- If eligible, you will be prescribed a **12-week personalized exercise training program** to be done both onsite and at home
- You will come in at the beginning, middle and end of your training to complete exercise & pain assessments.
- Your body composition of fat and lean mass will be analyzed by an imaging non-invasive instrument.



Participants have the opportunity to be reimbursed up to \$990.00 and may be eligible for travel pay and gym membership during the study

