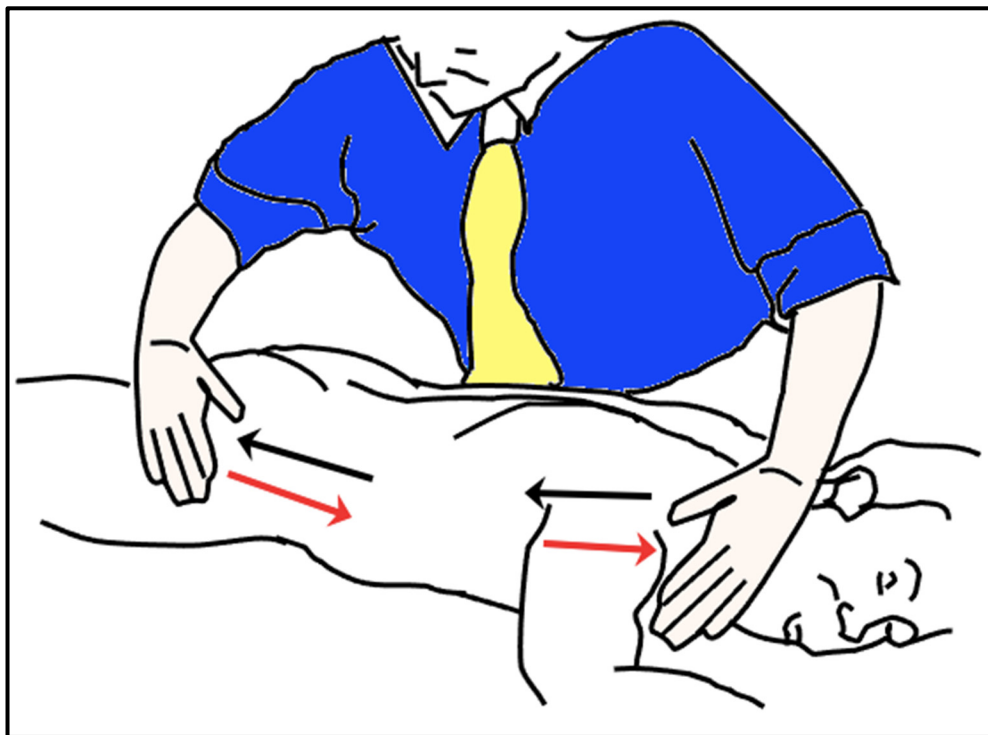


Supplementary Material

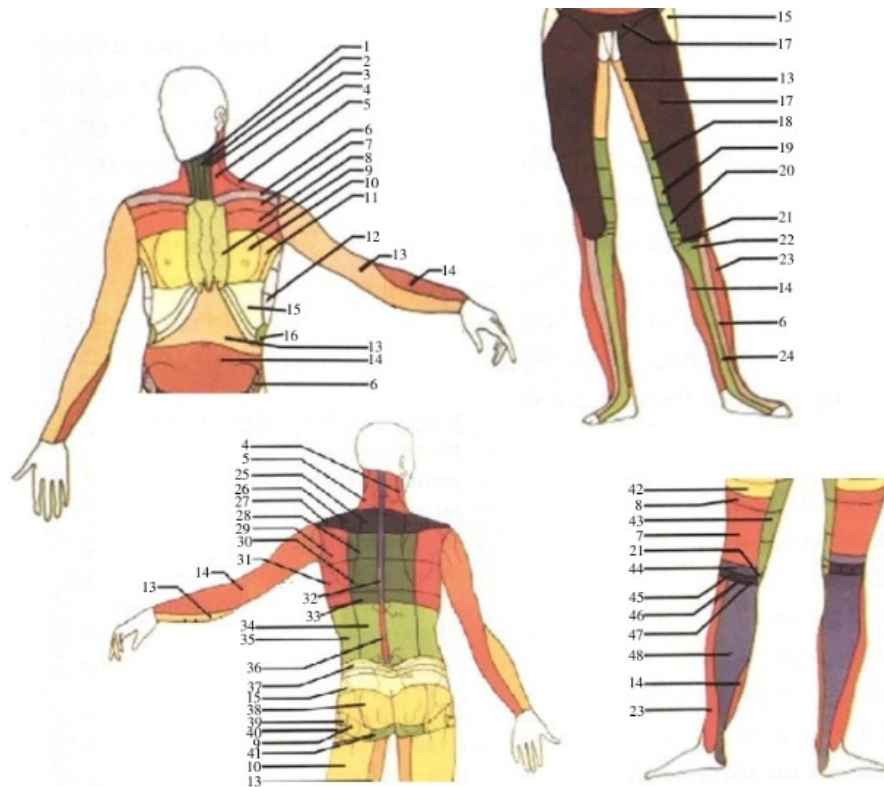
Supplementary Figure S1A: Example of treatment direction with gentle touch therapy using both hands.



Adapted from Salgado (2019).

Salgado, A. S. I. *Fisioterapia Integrativa: como ter saúde em um mundo doente*. Midiograf: Londrina, Brasil, 2019; p 304.

Supplementary Figure S1B: Main regions of dermal projections of muscles related to their metameric of origin (muscle embryonic correspondence in the dermis).

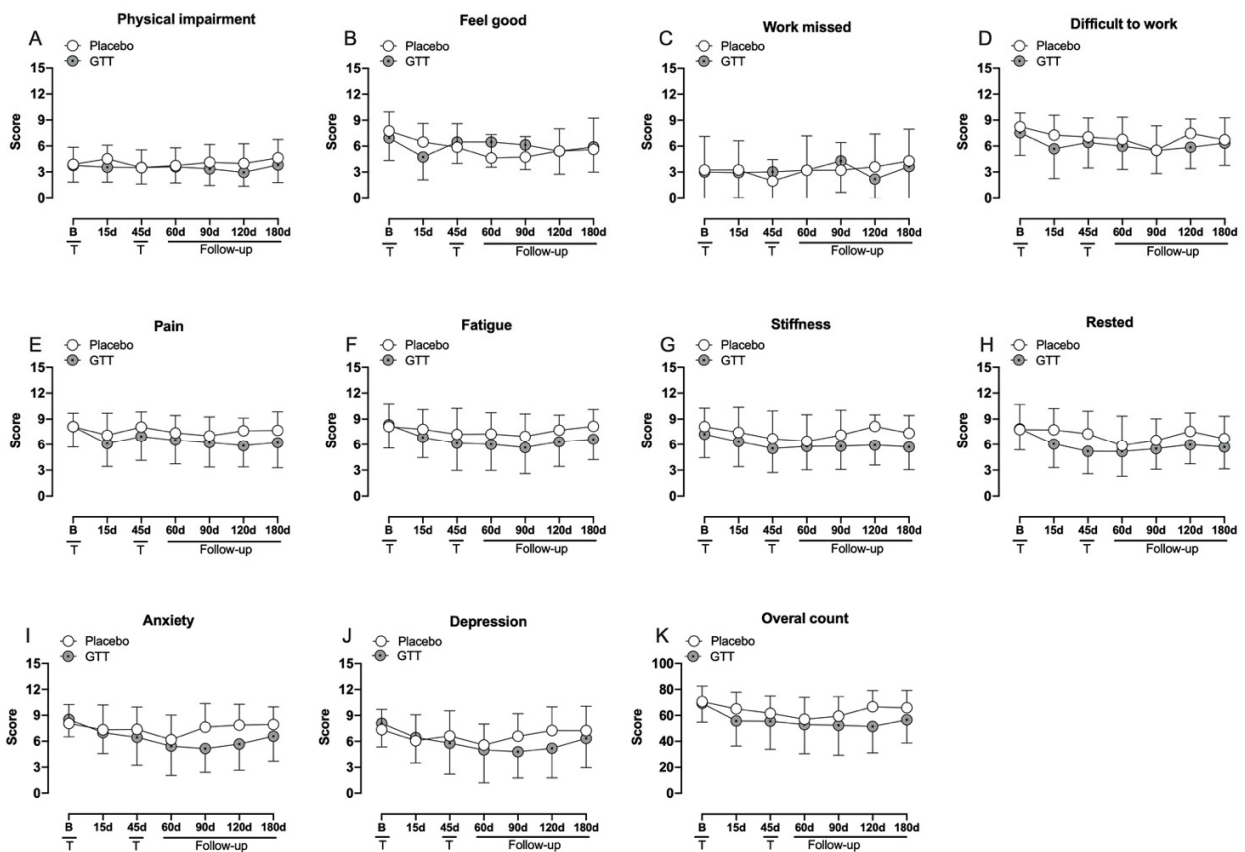


- | | |
|--|---|
| 1 vastus intermedius m. | 25 semimembranosus m. (reflex) |
| 2 vastus medialis m. | 26 semimembranosus m. (direct) |
| 3 vastus lateralis m. | 27 semimembranosus m. (recurrent) |
| 4 biceps femoris long head m. | 28 piriformis m. |
| 5 biceps femoris short head m. | 29 gluteus medius and minimus m. |
| 6 central band | 30 quadratus femoris m. |
| 7 sternocleidomastoid m. | 31 obturator internus and externus m. |
| 8 orbicularis oculi m. (palpebral part) | 32 rectus capitis posterior m. (larger) |
| 9 interpharyngeal m. | 33 gluteus maximus m. (coccygeal) |
| 10 facial expression m. (inferior) | 34 gluteus maximus m. (superior) |
| 11 facial expression m. (superficial) | 35 gluteus maximus m. (medium) |
| 12 eyeball motor muscles (superior, inferior and medium) | 36 oblique larger of the head m. |
| 13 upper band | 37 occipital m. |
| 14 medium band | 38 facial expression m. (medium) |
| 15 facial expression muscle (superior) | 39 stapedius m. |
| 16 gluteus maximus muscle (profound) | 40 tensor tympani m. |
| 17 lower band | 41 tongue floor m. |
| 18 thoracic diaphragm m. (anterior) | 42 platysma m. |
| 19 thoracic diaphragm m. (medium) | 43 thoracic diaphragm m. |
| 20 thoracic diaphragm m. (inferior) | 44 axial m. (C1) |
| 21 pelvic floor m. | 45 longitudinal m. (neck) |
| 22 intercostal m. (T1) | 46 rectus capitis anterior m. (larger) |
| 23 longitudinal m. (C1-L5) | 47 rectus capitis anterior m. (smaller) |
| 24 intercostal m. (T8) | 48 axial m. (C2-L5) |

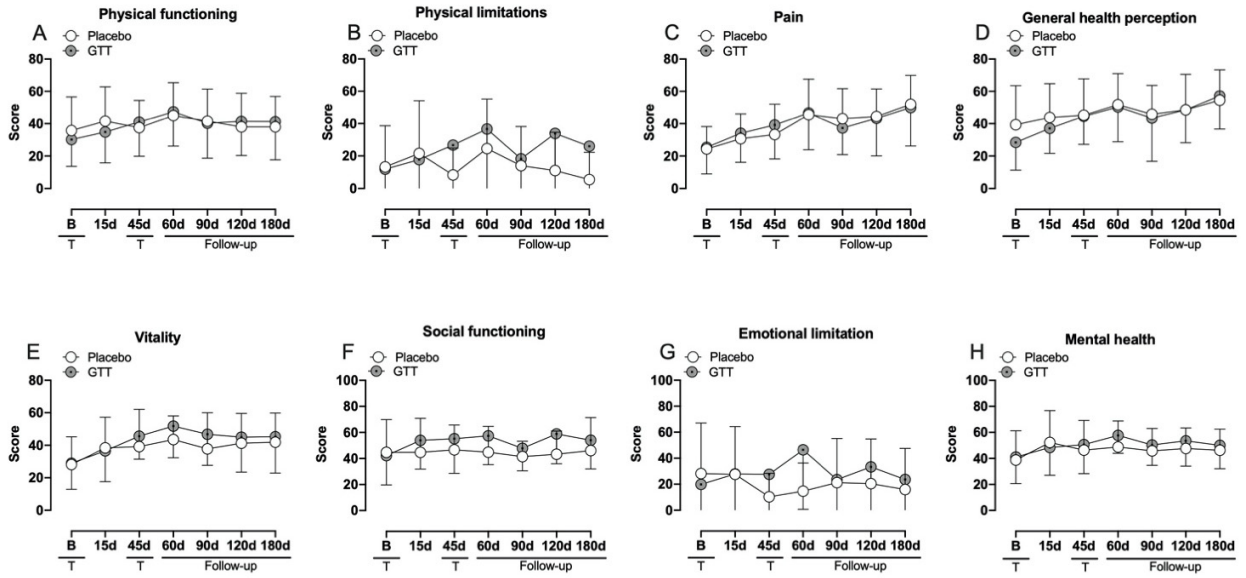
Legend: m. = muscle.

Adapted from Grosjean (2016).

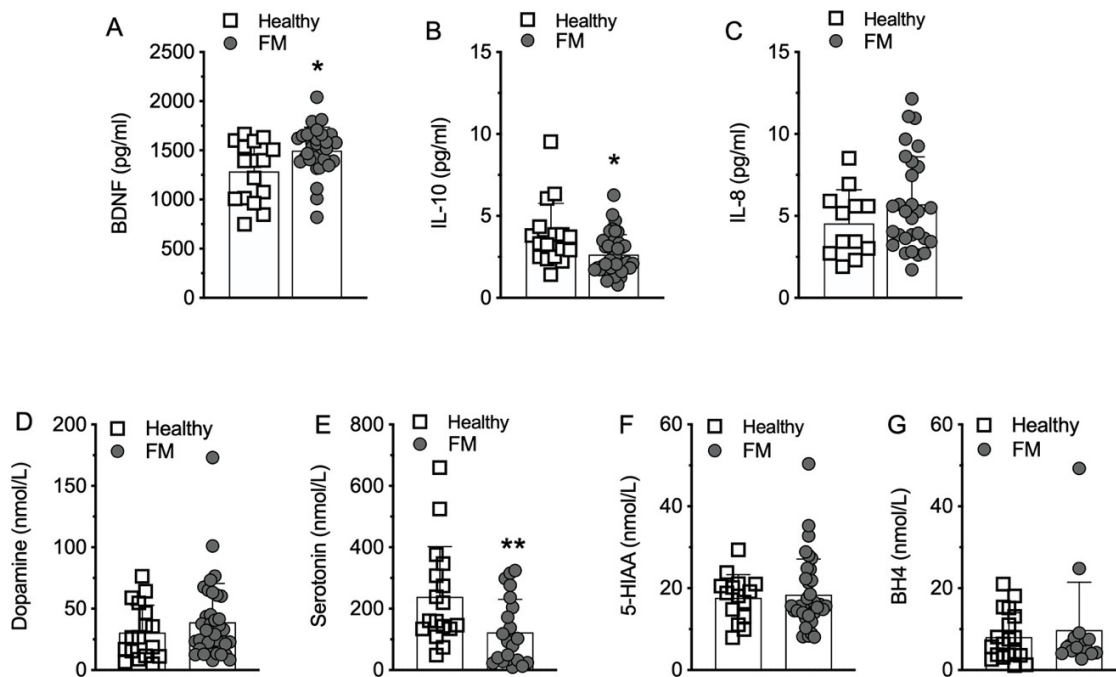
Grosjean, D. *Investigação da Etiologia em Microfisioterapia.*: Andreoli: São Paulo, Brasil, 2016; pp 160.



Supplementary Figure S2. Gentle touch therapy and Fibromyalgia Impact Questionnaire (FIQ). Panels A-K shows the evaluations at different times. Repeated-measures two-way analysis of variance followed by Bonferroni post hoc test. GTT: Gentle touch therapy group; d: day.



Supplementary Figure S3. Gentle touch therapy and Short-Form Health Survey (SF-36). Panels A-H shows the evaluations at different times. Repeated-measures two-way analysis of variance followed by Bonferroni post hoc test. GTT: Gentle touch therapy group; d: day.



Supplementary Figure S4. Serum levels of brain-derived neurotrophic factor (BDNF), interleukin-10 (panel B), interleukin-8 (panel C), dopamine (panel D), serotonin (panel E), 5-hydroxyindolacetic acid (5-HIAA, panel F) and urinary level of tetrahydrobiopterin (BH4, panel G) comparing FM vs healthy individual groups. Unpaired Student t-test was used for the parametric data or the Mann-Whitney test for the non-parametric data. * $p < 0.05$ and ** $p < 0.01$. FM: Individual with fibromyalgia group; Healthy: healthy individual group; Before: baseline; After: after 60 days.