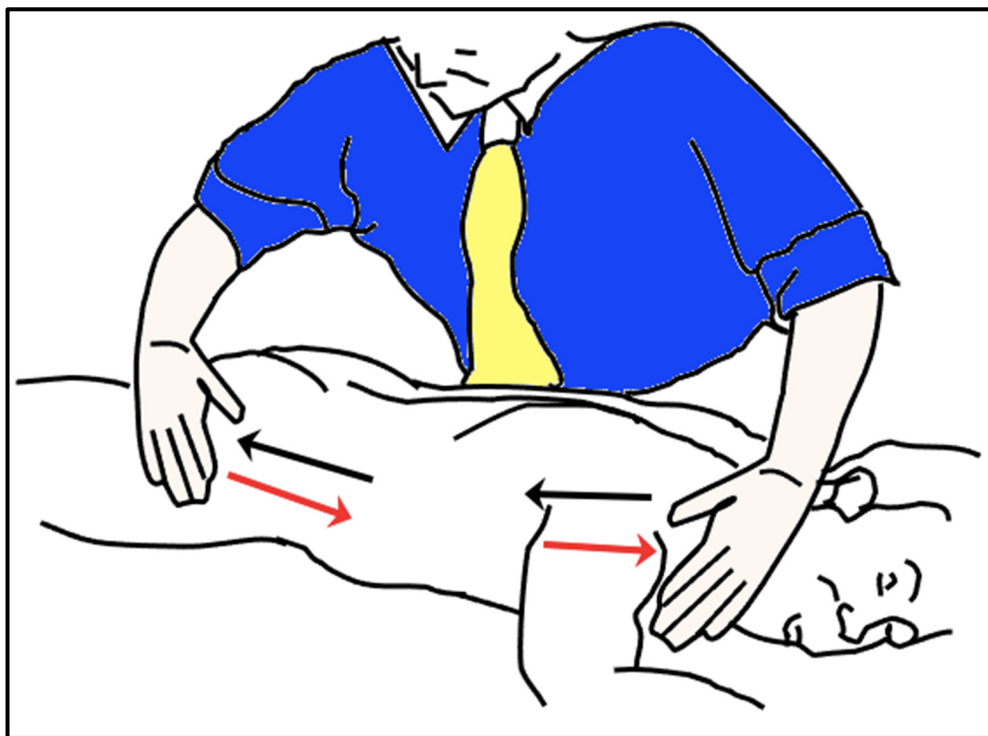


## *Supplementary Material*

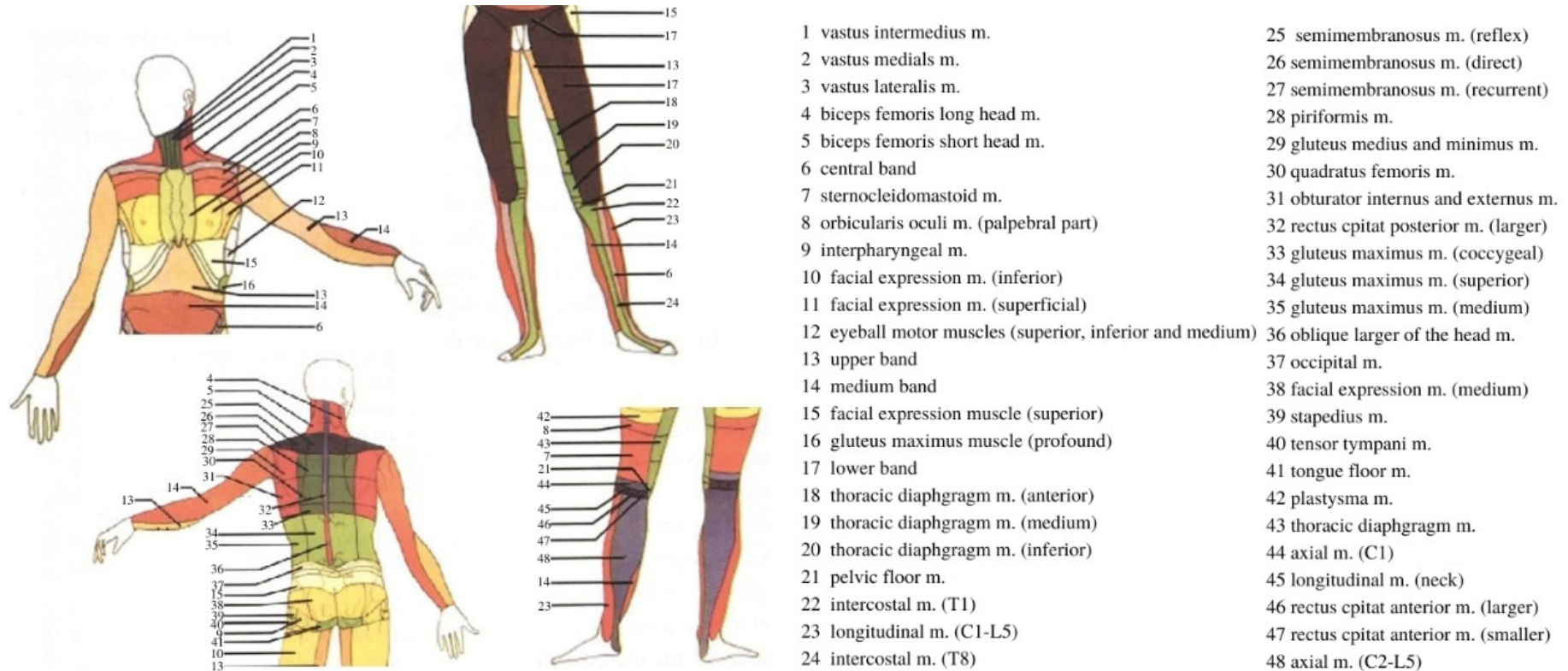
**Supplementary Figure S1A:** Example of treatment direction with gentle touch therapy using both hands.



Adapted from Salgado (2019).

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

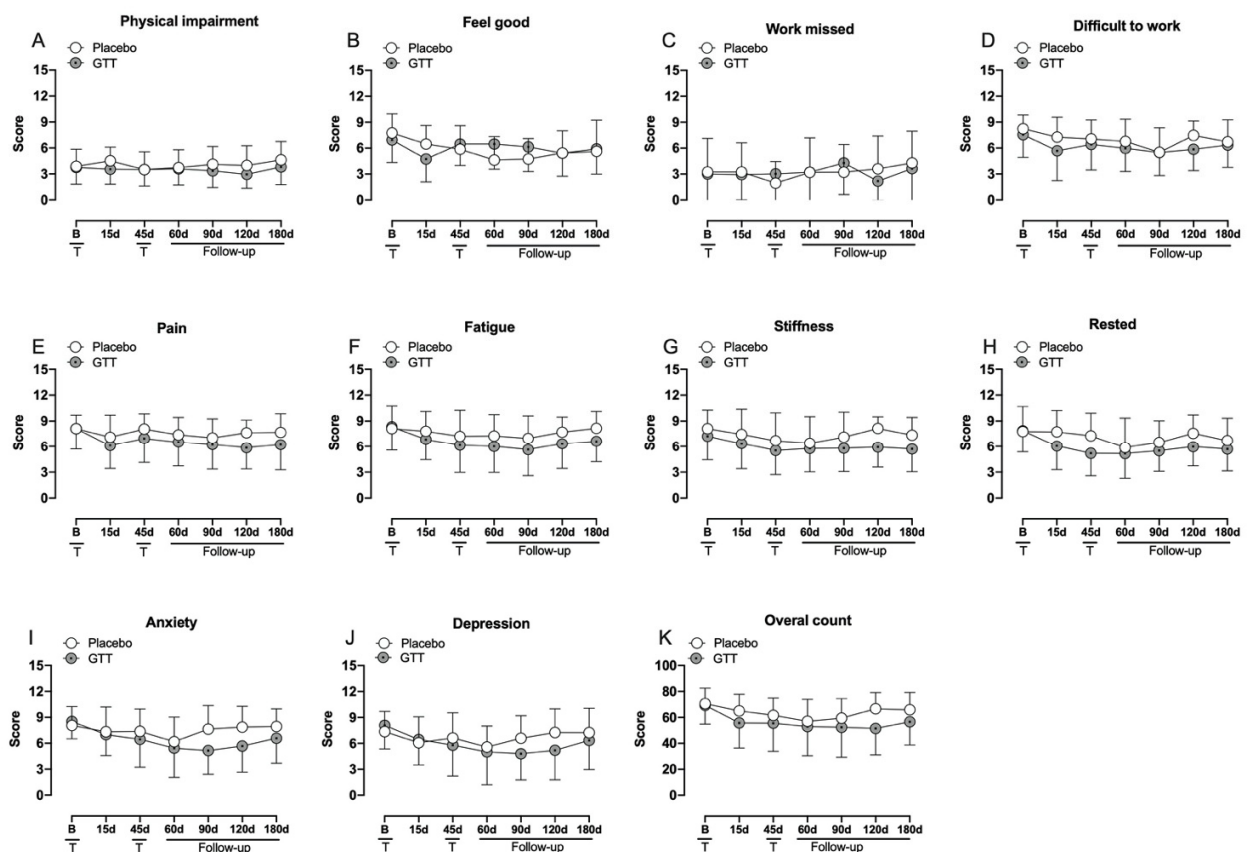
**Supplementary Figure S1B:** Main regions of dermal projections of muscles related to their metameric of origin (muscle embryonic correspondence in the dermis).



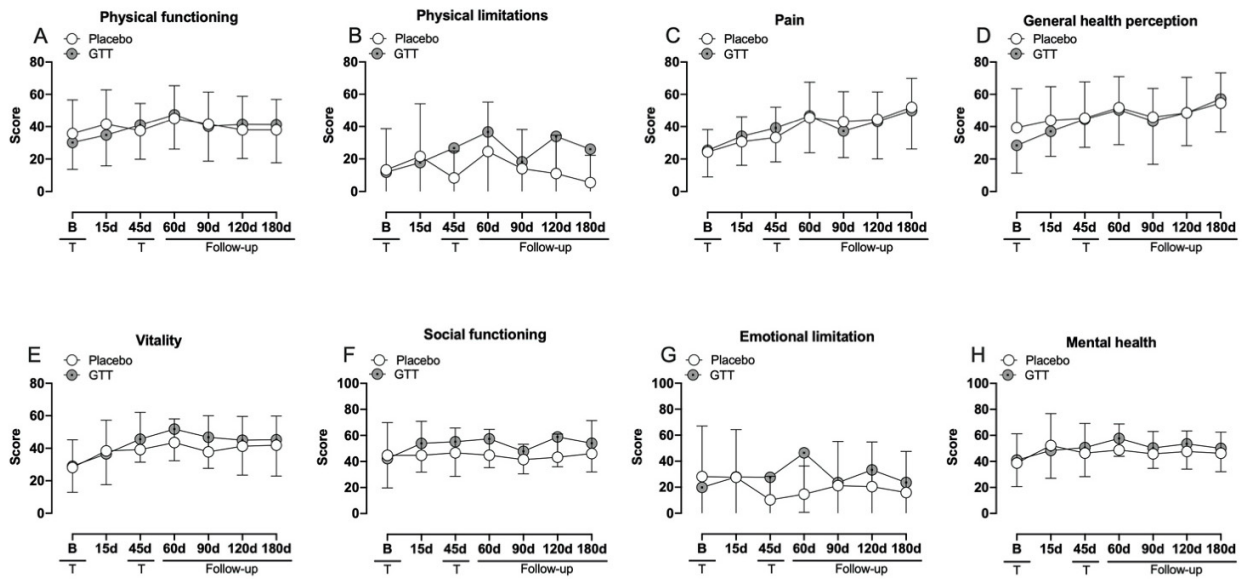
Legend: m. = muscle.

Adapted from Grosjean (2016).

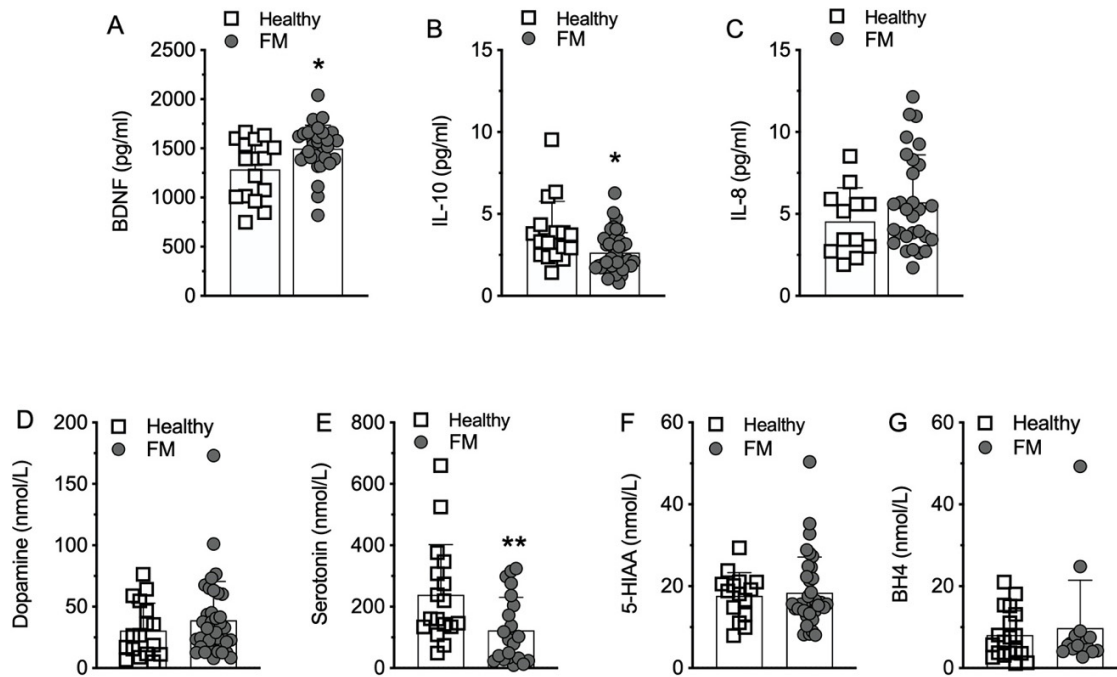
Grosjean, D. *Investigação da Etiologia em Microfisioterapia*.: Andreoli: São Paulo, Brasil, 2016; pp 160.



**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.