



Study on Muscle Relaxation, Trauma, and Back Pain

Lasting trauma symptoms (post-traumatic stress disorder or PTSD) are often found in people who have chronic low-back pain (nsCLBP). Very little is known about how to effectively treat people who have both conditions. You can volunteer to participate in this research study which explores whether muscle relaxation methods can help!

R e l a x ! ! !

Study Description:

This study consists of one training session, four weeks of self-practice, and a one month follow-up survey. The time commitment is approximately 13 hours over the course of nine weeks.

The principal researcher for this study is Beverly Swann, PhD Student at Saybrook University. The study has been approved by the Saybrook Institutional Review Board.

You may be eligible to participate if:

- You're 18 years old or older
- You've been diagnosed with PTSD and chronic low-back pain
- You have email and internet access
- You can attend a 1-day training and spend 2 hours a week practicing muscle relaxation
- See website for further qualifications...

For More Information or to Complete Screening Application:

www.cygnustransformations.com/research-central/muscle-relaxation-study/

or

Email: bswann@saybrook.edu