

# Veteran's Exercise Study on Pain

The Department of Veterans Affairs is conducting a study aimed at understanding brain function of pain and the impact of weight-training exercise in **Gulf War (1990-1991) Veterans** with **Chronic Muscle and Joint Pain**.

We are looking for patient volunteers living in and around Madison, WI to participate in a 16-week exercise study, with follow-ups at 6 and 12 months, conducted at the Madison VA Medical Center and the University of Wisconsin–Madison.

Volunteers for this study may be asked to take part in a **16-week weight-training program** with a personal trainer. We will be assessing responses to **painful heat stimuli** on multiple occasions and while undergoing functional brain imaging scans.

Volunteers who successfully complete the study can earn up to **\$525** and will be awarded a **\$300 membership to a gym** in their local area. Volunteers will also be eligible for various fitness equipment prizes.

If you wish to participate, please contact our lab at **608-262-2457** and leave your name, phone number and mention the **“Veteran's Exercise Study on Pain.”**

