

Table 1: Volunteer's Diary Record in use of Thumper Device.

Date	Time (minutes)	Intensity (low, med, high)	Comments
November			
27	15	Low (3)	
28	20	Medium (4)	
29	25	Medium (4)	
30	20	Medium (4)	"Sore back" "Contact Doctor, first book" ³
December			
1	Not used		
2	25	Medium (4)	
3	Not used		
4	25	High (5)	
5	15	High (5)	
6	Not used		
7	25	Medium (4)	
8	Not used		"None"
9	26	Medium (4)	
10	Not used		
11	30	Medium (4)	
12	Not used		
13	Not used		
14	10	Medium (4)	
15	60	Medium (4)	
16	Not used		
17	30	Medium and High (4, 5)	
18	Not used		
19	30	:High (5)	"Seems to be helping my back"
20	Not used		

³By patient interview - Patient was concerned whether it was safe to use the device especially because he has a pacemaker, so he made appointment with both his GP and Cardiologist to ask if upper back vibration massage was safe. The patient later reported that "both Dr's said it was safe and OK to use, preferably at lower intensity levels"

21	20	Medium (4)	
22	Not used		
23	Not used		
24	30	High (5)	
25	Not used		
26	30	Medium (4)	
27	Not used		
28	45	Medium (4)	
29	Not used		
30	Not used		
31	15	High (5)	
January			
1	Not used		
2	30	Medium (4)	
3	Not used		
4	35	Low (3)	

5			<p>“Got sick from it”⁴ –</p> <p>“Headache, sore stomach, sore bones, private parts sore”⁵</p> <p>“My heart has began to be sore, the machine may be too strong”⁶</p>
6	Not used		
7	Not used		
8	Not used		
9	Not used		
10	Not used		
11	Not used		
12	Not used		
13	Not used		
14	Not used		GP “yes, 3 -4.speed”
15	30	Low (3)	“Started 3 or 4”
16	25	Low (3)	
17	Not used		
18	15	Low (3)	
19	30	Low (3)	

⁴By Patient Interview. “Sick” was referring to “sick with worry”. This was still before the Volunteer received re-assurance from his physicians that the device was safe to use and may be continued, preferably at low or medium settings.

⁵By Patient Interview. The Volunteer stated that he was playing around with the device and placing it at times to his lower back and hip region, whereby after therapy he noticed soreness to stomach, sore bones (meaning lower back) and “private parts. After experiencing these sensations the volunteer reportedly kept use of the device to the mid and upper back, and stated that there were no subsequent like adverse occurrences to the lower aspects of the torso.

⁶By Patient Interview. The Volunteer stated that what he called “Heart has began to be sore” referred to an upper thoracic cavity discomfort which he could not discern as chest versus upper back originating discomfort. However, the “soreness” was only noticed transiently immediately after using the device and seemed to have a musculoskeletal quality (soreness reportedly changed with patient position, and “got better with stretching”. The Volunteer indicated that he feared the device was too strong, and decided to discontinue therapy until reassured by his General Physician.

20	45	Medium (4)	
21	Not used		
22	15	Medium (4)	
23	Not used		
24	Not used		
25	30	Medium (4)	
26	Not used		
27	Not used		
28	Not used		
29	Not used		
30	Not used		
31	Not used		
February			
1	20	Medium (4)	
2	25	Medium (4)	"Back got sore"
3	15	Low (3)	
4	Not used		
5	35	Medium (4)	
6	Not used		
7	15	Medium (4)	
8	Not used		
9	15	Medium (4)	
10	20	Medium (4)	
11	Not used		
12	20	Medium (4)	
13	Not used		
14	30	Medium (4)	
15	30	Medium (4)	
16	Not used		
17	15	High (5)	
18	15	High (5)	
19	Not used		
20	30	High (5)	
21	30	High (5)	
22	Not used		
23	Not used		
24	15	High (5)	
25	15	High (5)	"Neck got sore"

26	Not used		
27	30	High (5)	
28	15	High (5)	
March			
1	20	High (5)	
2	20	High (5)	
3	20	High (5)	
4	Not used		
5	20	High (5)	
6	20	High (5)	
7	Not used		
8	Not used		
9	20	Medium (4)	
10	20	Medium (4)	
11	Not used		
12	30	Medium (4) ¹	
13	Not used		
14			"Back Sore" ⁷
15	Not used		"Back Sore" ⁷
16	Subject Presents for repeat Myoview testing.		"Hospital" ⁸

⁷By Patient Interview: The Volunteer indicated that he was "not certain if the device caused the soreness" – especially as he did not use it the day before, or whether he had strained his back, or had felt back strain stemming from nervous "anxiety or tension". The subject stated he gets periodic back soreness "regardless of use of the vibrator".

⁸By Patient Interview. The Volunteer presented to Surrey Memorial Hospital for repeat Myoview testing. The therapy protocol was therefore discontinued at this time, pending the outcome.