

APPENDIX

NEEDLE											
Subject	light touch	pressure	full	heavy	ache	sore	numb	tingle	warm	pain	other
1 L	*	*	*		*	*			*	*	
2 R	*	*									
3 R		*						*			
4 L	*	*									
5 L	*				*						
6 L					*						
7 R	*								*		
8 R						*					
9 L								*			
10 R	*	*						*	*	*	
11 R						*					
12 L				*	*						
13 L					*			*			
14 R		*				*	*	*		*	
15 L		*						*			
16 L								*	*		

Supplementary Table 1. Needle acupuncture at LR8 produced sensations: pressure and tingling > light touch > ache. R= right sided. L=left sided.

LASER											
Subject	light touch	pressure	full	heavy	ache	sore	numb	tingle	warm	pain	other
1 R	*	*						*			
2 L	*										
3 L	*										
4 R	*										
5 R	*										
6 R	*							*			
7 L	*										
8 L	*							*			
9 R	*										
10 L	*							*	*		
11 L	*										
12 R	*										
13 R	*										
14 L	*										
15 R	*										
16 R	*								*		

Supplementary Table 2.

Laser acupuncture at LR8 was felt as: light touch > tingle > pressure.

The predominant sensation was the laser probe causing light touch.

R=Right sided. L=Left sided.

	Laser	Laser	Laser	Laser	Laser	Laser	Needle	Needle	MRI	MRI
Subject	Dizzy	Aches	Tired (hrs)	Tired (days)	Vague	Nausea	Pain	Unwell	Discomfort	Anxiety
1	0	0	0	0	0	0	3	0	1	0
2	0	0	2	0	0	0	0	0	0	3
3	0	0	0	0	0	0	0	0	0	0
4	0	0	0	0	0	0	0	0	0	0
5	0	0	0	0	0	0	0	0	0	0
6	0	0	0	0	0	0	0	0	1	0
7	0	0	0	0	0	0	0	0	0	0
8	0	1	1	0	1	0	1	0	1	0
9	0	0	0	0	0	0	0	0	1	0
10	0	0	0	0	0	1	2	1	0	0
11	4	4	4	0	2	1	1	1	0	0
12	0	1	1	0	1	0	0	0	0	1
13	0	0	0	0	0	0	1	0	1	1
14	0	0	0	0	0	0	0	0	0	0
15	1	0	0	0	0	0	0	0	1	1
16	1	0	0	0	1	1	0	0	1	1

Supplementary Table 3 Adverse Effects from NA and LA during MRI scanner and acupuncture intervention. Each adverse symptom graded from 0 (none) to 6 (severe). Mean values were: Dizzy [0.38], Aches [0.38], Tiredness [0.50], Vague [0.31], Nausea [0.19] for laser acupuncture. Mean values for needle laser adverse effects were Pain [0.50], Unwell [0.13]. Mean values for the MRI experience were Discomfort [0.44], Anxiety [0.44].