

# Title

Author(s)

## Subject

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Here goes a short description of what you are documenting.

## Method

What methods were used?

Here goes a detailed explanation of what GANs, equipment, materials, electronics, etc. you used and procedures applied to prepare the experiment setup.

## Usage

What was the application procedure?

Here you describe what you have done during the course of the experiments. What were the procedures and actions you took.

## Observations

What have you observed?

Describe your observations and/or those of the experiment's subject(s) if the subject was not you.

## Results

What have you achieved? How long you run the experiment for? Was it repeated? Were the results permanent? Do these build on the existing knowledge? Have you solved the problem or made progress in any way or shape?

## Acknowledgements

This section is optional, if you would like to acknowledge other people's help or involvement in your experiment.

## References

This section is optional, if the author wishes to refer to existing knowledge in their work.

## Supplementary material

This section is optional if you would like to provide any additional materials that are important but do not fit into the structure of the paper e.g. detailed pictures of the setup, project diary, multimedia (video links or snapshots), etc.

Title

# Processing knee pain with pain pads

Author(s)

John Doe and Samantha Smith

## Subject

What is the subject of this paper?

Here goes a short description of what you are documenting.

This paper documents the use of a home-made pain pads for processing knee pain.

## Method

What methods were used?

Here goes a detailed explanation of what GANSeS, equipment, materials, electronics, etc. you used and procedures applied to prepare the experiment setup.

### Materials used

- 5ml CO2 GANS
- 50ml Distilled water
- Syringe (100ml)
- 250ml Plastic bottle
- 2 x Plastic bag
- Tissue paper/paper towels (cotton, vary thickness)

### Preparation

Filled bottle (250ml rinsed juice bottle) with distilled water. Added all of the CO2 GANS to the bottle of water. Bottle was shaken for 30 seconds and left for 30min for the GANS to settle.

Used 100ml syringe to remove 20ml of water from the top of the bottle. Put paper towel in plastic bag and added water from syringe to paper towel, covering it. Closed the plastic bag. Second bag was prepared following the same procedure with 10ml of water.

## Usage

What was the application procedure?

Here you describe what you have done during the course of the experiments. What were the procedures and actions you took.

Two plastic bags with a paper towel with GANS water were applied around the pain area of the knee. This is a chronic pain, which developed two years ago, and none of the previous treatment methods managed to remove it. I put the 20ml plastic bag at the back of my knee, with the 10ml plastic bag on the kneecap and left it for 2 minutes.

## Observations

What have you observed?

Describe your observations and/or those of the experiment's subject(s) if the subject was not you.

Within 30 seconds of applying the plastic bags (referred to as a pain pads) on my knee, pain reduced by half. After 2 minutes of application, the pain was barely noticeable. The pain did not return for 2 days. Used the pain pad again for 2 minutes and observed less pain at the end. The pain did not return to the same magnitude as prior to using the pain pad.

## Results

What have you achieved? How long you run the experiment for? Was it repeated? Were the results permanent? Do these build on the existing knowledge? Have you solved the problem or made progress in any way or shape?

After using pain pads for 2 minutes, every other day for one week, I no longer need to use pain pads as often. When the pain is back, it is not as strong as prior to using pain pads. Over the course of a month, I used the pain pad less and less, and last week only applied it once to remove my knee pain.

## The 'ABC' of submitting your work

**A**

Write your paper

**B**

Upload your paper online (cloud e.g. Google Drive, Mega, etc. or files sharing online services such as JumpShare or even Facebook) and copy the access link.

**C**

Submit your work by visiting <http://support.keshfoundation.org>