**Supplemental 1: SUBJECT RECRUITMENT:**

Healthy adults were recruited for participation in this study.

Inclusion criteria include:

* Between age 18-40
* Normal BMI (18.5-25)

Exclusion criteria include:

* Age less than 18 or greater than 40 years
* Cardiac, respiratory, neurological or musculoskeletal disease
* Acute pain
* Chronic pain condition
* Diabetes
* BMI ≥ 25.1 or ≤ 18.4
* Regular participation in high intensity athletic/sporting activities
* Anxiety or depression disorders.
* Tape allergy
* Currently pregnant