

## **A double blind placebo controlled study of the LifeWave technology as it relates to the improvement of strength endurance in high performance college athletics**

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July 27, 2003

### **Abstract**

The LifeWave technology is a new supplement and method for the improvement of athletic performance. LifeWave is a means by which an individual may substantially increase their net strength endurance within as quickly as the first use of the product. To evaluate this statement in an unbiased manner, a double blind placebo controlled study was implemented at Troy State University in Troy, Alabama. The principal investigator of this study was Coach Richard Shaughnessy, strength and conditioning coach for the Troy State department of athletics. A standardized test was selected to measure net gains in strength endurance, and in this case the exercise that was performed by all athletes was a 225 lb. flat Bench Press. The baseline data for this test was collected on Thursday June 26, 2003. The comparative data was collected on the following Wednesday July 2, 2003. Athletes were divided into three groups: Control, Placebo and Test. The Control group was tested "as is" on both of these testing days. The Placebo group was given a set of patches filled with water; this group was unaware as to whether or not the patches were real or water filled. The Test group was given a set of patches with the LifeWave technology; again, this group was unaware as to the contents of the patches. It will be emphasized that the athletes using the LifeWave technology used the product only once; the test was performed within 10 minutes of first applying the patches to the athletes.

Based on the data collected and the results obtained it was demonstrated that the LifeWave technology is a method for the improvement of athletic performance, and more particularly a means by which an individual may increase their net stamina/strength endurance output. The model utilized to evaluate the technology was a double-blind placebo controlled study, with 25 college athletes from the Troy State University football team volunteering to participate in this study. In this evaluation of strength endurance involving competitive athletes both baseline and comparative tests were performed prior to any other type of physical activity. Being that the athletes had a very brief usage of the LifeWave technology, an additional study would prove to be of interest as a comparison to this test study to determine what effect the LifeWave technology has on athletes that incorporate LifeWave into their daily training regime.

It was demonstrated that the Test/LifeWave group using the LifeWave technology showed the highest percentage of improvement in strength endurance when averaging all members, the highest percentage of improvement in strength endurance when averaging only those members who showed an improvement, and the lowest percentage of decreased performance when averaging only those individuals who showed a decline in performance.