

Effect of kinesio Tape in Myofascial Pain Syndrome

Randomized control trial

Abdelfattah, Ahmed S., MSc PT; Kattabei, Omaila M., PhD PT; Nasef, Samy A., PhD PT;
Semaya, Ahmed E., MD

1-Faculty of Physical therapy, Cairo University, Giza, Egypt. 2-Faculty of medicine,
Alexandria University, Alexandria, Egypt

Introduction:

Myofascial pain syndrome is one of the most common examples of musculoskeletal pain; an accumulating body of evidence suggests that unique hypersensitive loci, named Myofascial trigger points.

Kinesiotape is a technique developed by Dr. Kenzo Kase in The 70s. The adhesive pliable material, directly applied to the skin, differs from classical tape in its physical characteristics. Furthermore, its clinical application departs from the usual restriction of mobility. This technique claims four effects, normalizing muscular function, increasing lymphatic and vascular flow, diminishing pain and aiding in the correction of possible articular misalignments. Kinesio tape technique is frequently applied for pathologies in the musculoskeletal system.

Purpose:

This study was conducted to show the efficacy of kinesio tape technique on the pain threshold, functional level and pain severity levels on neck myofascial pain syndrome patients in randomized trial.

Participants:

Thirty patients with myofascial neck pain syndrome assigned randomly into: kinesio tape group and control group.

Methods:

kinesio tape was applied for upper Trapezius muscle for two weeks (3days on and one day off). Pressure algometry, Visual analogue scale (VAS) and Neck disability index (NDI) were used to evaluate participants before and after the corresponding interventions.



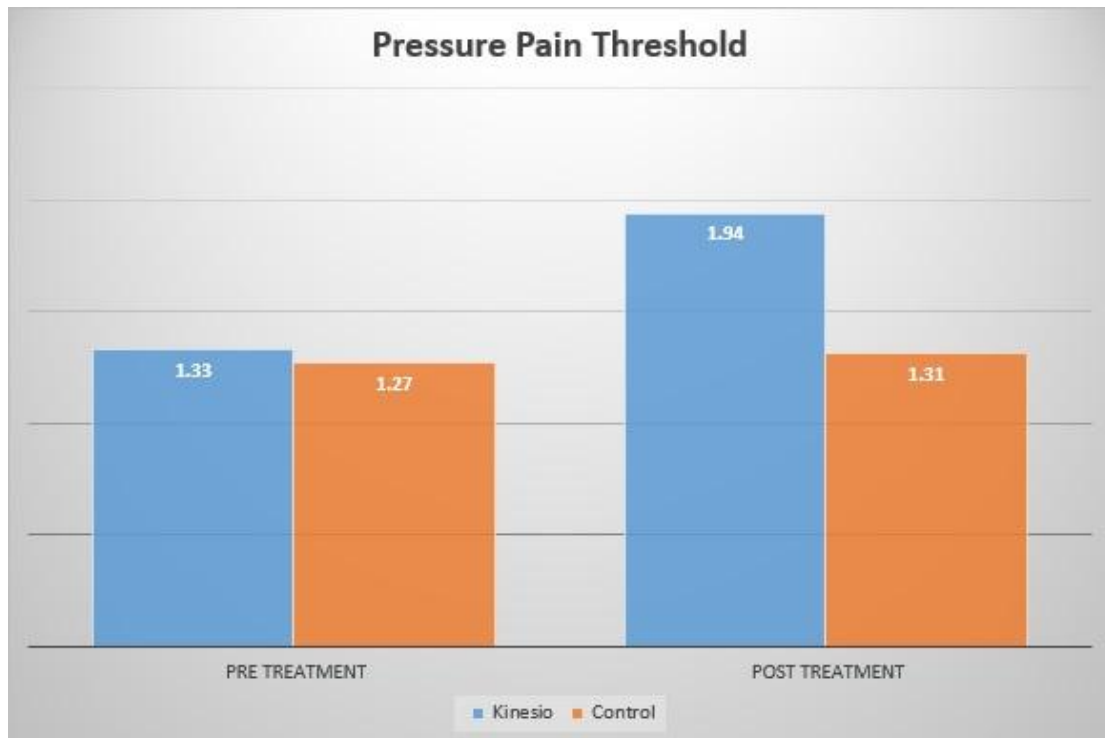
Kinesio tape technique Begin from Insertion of upper fibers of trapezius



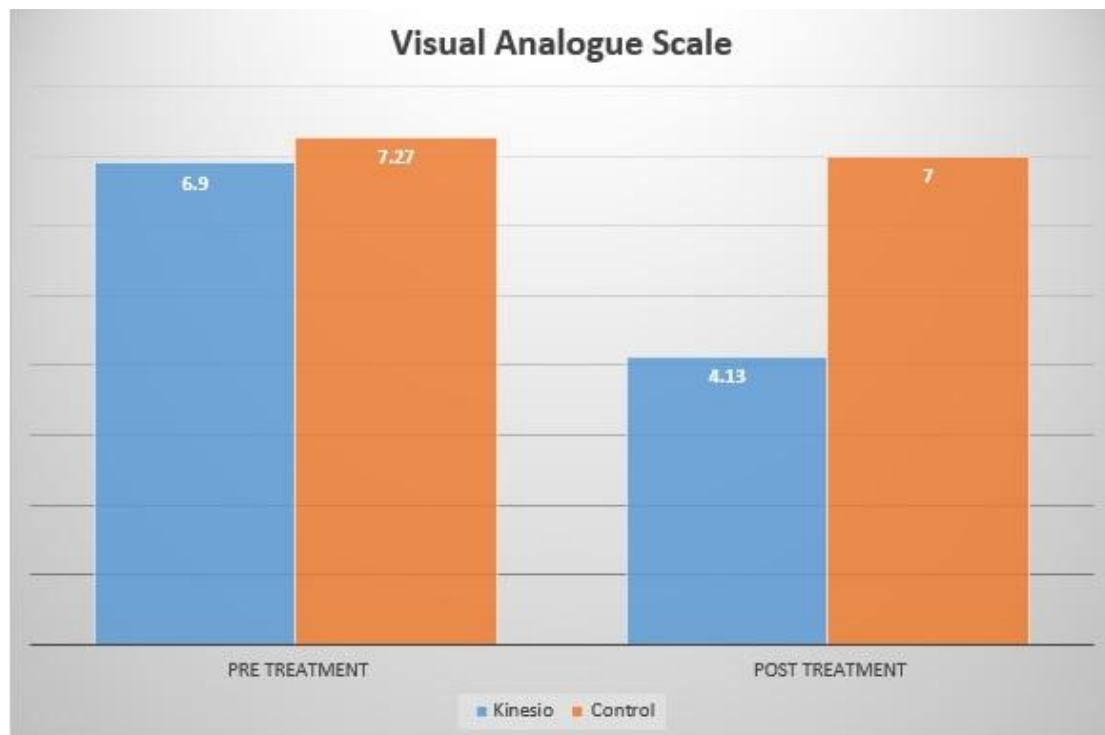
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Results:

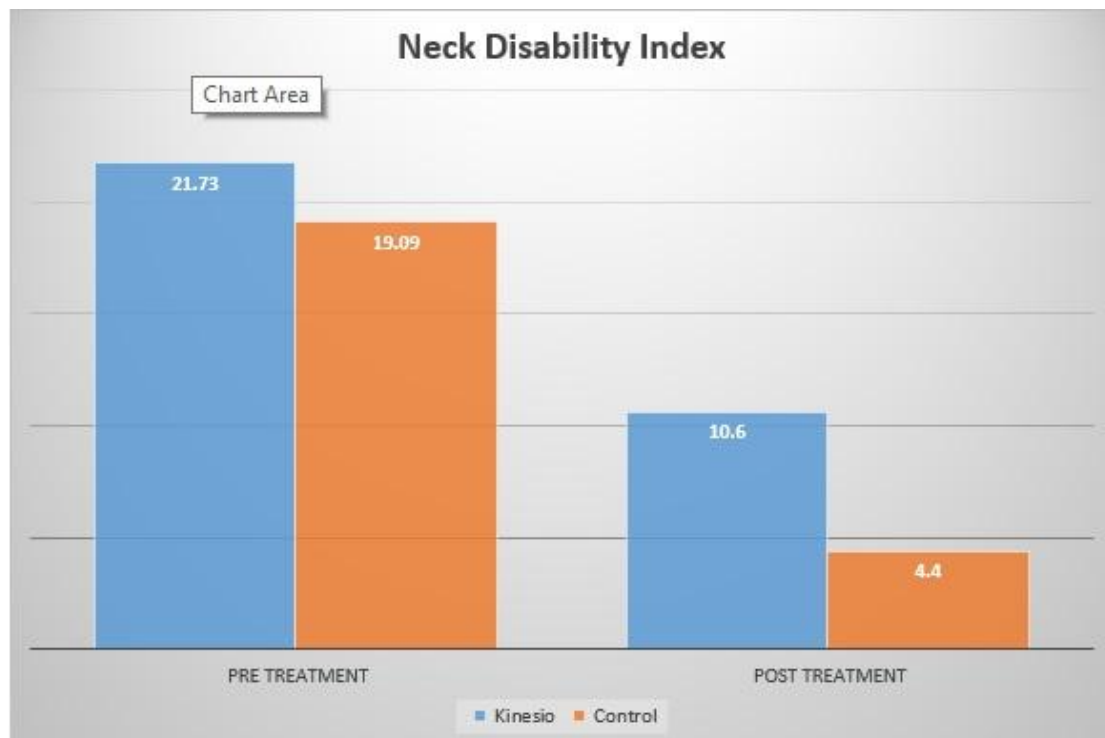
For the 30 study participants (15 women and 15 men; mean age=44.1±7 years) statistical analysis revealed that Subjects of kinesio tape group experienced significant increase in pressure pain threshold, decrease in neck disability scale and pain level than those in the control group ($p>0.05$)



Results of ANOVA regarding Pressure Pain Threshold PPT



Results of ANOVA regarding Visual Analogue Scale VAS



Results of ANOVA regarding Neck Disability Index NDI

Discussion & Conclusions

This study might assist in the understanding the efficacy of kinesio tape technique on neck myofascial pain syndrome. kinesio tape techniques for patients with MPS have a strong positive impact on pain severity, pain threshold and functional levels in comparing to control group which more effective to MPS patients. Follow up measurement revealed stable improvement in all measured variables. These observed effects should be of value to clinicians and health professionals involved in the treatment of neck myofascial painsyndrome .

Recommendations

Further randomized control trials to be conducted to investigate the effect kinesio taping on disc Prolapsed, forward head posture, absolute relative angle or Cobb's angle of cervical curvature.

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Contact details:

dr.ahmedsamer21@yahoo.com

ahmed.samir@pt.cu.edu.eg

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