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THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY  
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**PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

**Physical Therapy Department for Obstetrics and  
Gynaecology and Its Surgery**

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<b>Author</b>	:	<b>Samia Samir Rashed.</b>
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<b>Dept.</b>	:	<b>Physical Therapy for Women's Health</b>
<b>Supervisors</b>		<b>1. Amel Mohamed Yousef. 2. Abeer Mohamed Eldeeb. 3. Ahmed Mohamed Ellithy.</b>
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<b>Abstract</b>	:	
<p><b>Background:</b> Excessive thoracic kyphosis often begins in adolescent girls during puberty to hide their growing breasts. Poor posture, carrying a heavy school bag and the use of computers for long periods worsen this hyperkyphosis during adolescent growth. Many studies are concerned with corrective exercises for this case and the kinesio tape application is new in rehabilitation. <b>Purpose:</b> This study was conducted to measure the effect of kinesio tape in conjunction with corrective exercises program on the kyphotic cobb's angle and the trunk muscles electromyographic activity in adolescent girls with postural kyphosis. <b>Subjects and Methods:</b> Forty adolescent girls complaining from postural kyphosis were selected from secondary schools in Giza . Their ages ranged from 15 to 16 years old, their kyphosis (cobb's) angles were more than 40 degrees and less than 60 degrees and their body mass index (BMI) was &gt;20 and &lt;25 kg/m<sup>2</sup>. They were randomly distributed into two groups equal in number, group (A) received corrective exercises 3 times/week for 6 weeks and group (B) received application of kinesio tape for 3-5 days and corrective exercises 3 times/week for 6 weeks. x- Ray measurement was used to measure the cobb's angle of the kyphotic curve in both groups (A&amp;B) and Surface electromyography was used to measure the trunk muscles activity in both groups (A&amp;B) before and after treatment. <b>Results:</b> there was significant reduction of Cobb's angle at post treatment in group (A) and (B) but between both groups showed no significant differences at post treatment. For root mean square (RMS) Group A and B showed significant increase (p=0.0001*) in trapezius muscles and significant decrease (p=0.0001*) in pectoralis major muscles after treatment. Comparison between group (A) and group (B) showed more increase (p=0.0001*) in RMS of RT trapezius muscles and more decrease (p=0.0001*) in RMS of RT and LT pectoralis major muscles. <b>Conclusion:</b> It can be concluded that the application of kinesio tape on the trunk muscles in conjunction with corrective exercise program is more effective in trunk muscles activity than corrective exercise program only in females with postural kyphosis</p>		
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