



# Kinesiotaping (KT) in musculoskeletal conditions: the myths and facts

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## INTRODUCTION

Kinesio tape <sup>TM</sup> (KT) has widespread usage in the treatment of pain, strength and range of motion in musculoskeletal conditions

## DISCUSSION

- There are a paucity of studies.
- One of the studies has selective reporting of outcomes.

## PURPOSE

- To evaluate the effects of KT in the prevention of musculoskeletal sports injuries.



## CONCLUSIONS

- Most studies reported no statistically significant preventative effect of KT on sports injuries
- High quality scientific research needs to be done in order to determine whether KT prevents sports injuries.
- The question arises whether the widespread use of KT is justified.

## METHODS

- Internet database search – PubMed, Pedro, Cochrane Headings: “kinesiotape” “prevention” “sports injuries”.
- Systematic reviews, meta-analyses, and laboratory studies were reviewed.

## REFERENCES

Williams S, Whatman C, Hume PA, Sheerin K Sports Med. **Kinesio taping in treatment and prevention of sports injuries: a meta-analysis of the evidence for its effectiveness.** 2012 Feb

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## RESULTS

