

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

Yonatan Kaplan PT PhD

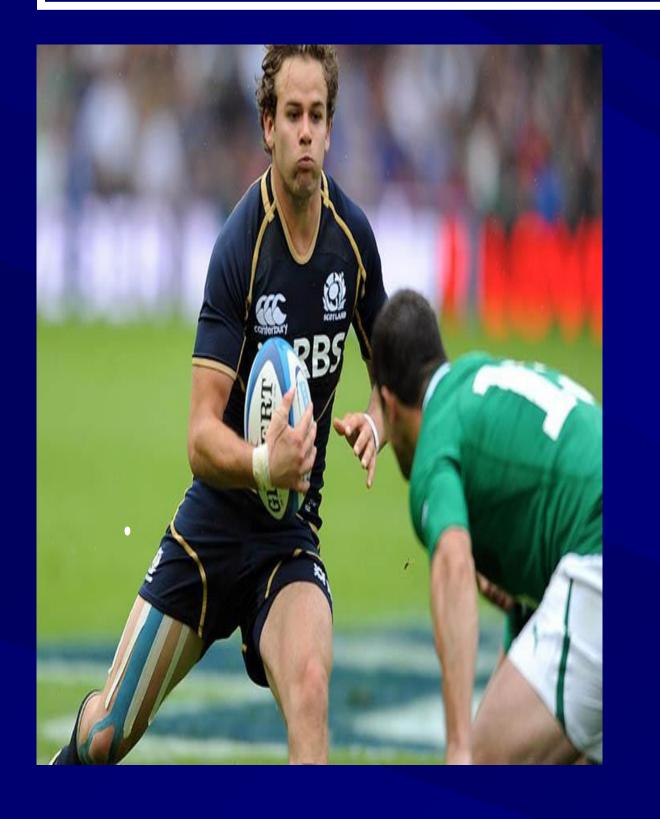
Jerusalem Sports Medicine Institute, Lerner Sports Center, Hebrew University, Jerusalem, Israel * no conflict of interests jsportmed.com

INTRODUCTION

Kinesio tape IM (KT) has widespread usage in the treatment of pain, strength and range of motion in musculoskeletal conditions

PURPOSE

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





DISCUSSION

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

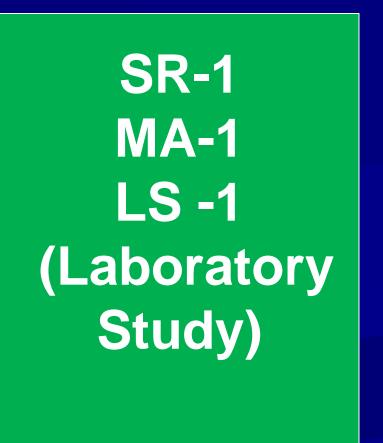
CONCLUSIONS

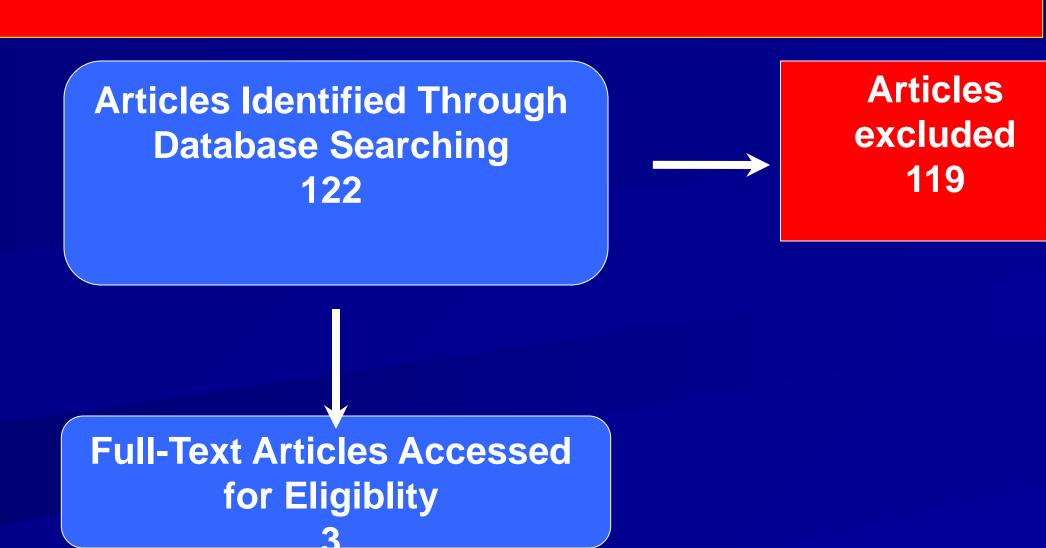
- Most studies reported no statistically significant preventative effect of KT on sports injuries
- High quality scientific research needs to be done in order to determine whether KT prevents sports injuries.
- The question arises whether the widespread use of KT is justified.

METHODS

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

RESULTS





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 Briem K, Eythörsdöttir H, Magnúsdóttir RG, Pálmarsson R, Rúnarsdöttir T, Sveinsson T, J Orthop Sports Phys Ther. Effects of kinesio tape compared with nonelastic sports tape and the untaped ankle during a sudden inversion perturbation in male athletes. 2011 May

Kamper S, Henschke N Kinesio taping for sports injuries 2013 Nov