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Effectiveness of Kinesio Taping in Basketball Athletes with Chronic Ankle Sprains Undergoing Rehabilitation: A Narrative Review

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ABSTRACT

Introduction: Basketball is a dynamic sport that demands athletes to maintain high levels of stability, strength, and flexibility in both the lower and upper limb. Ankle injuries, particularly sprains, are prevalent among basketball players, significantly impacting their performance and recovery due to the sport's high demands for agility and explosive movements. Kinesio taping (KT) method is a relatively new taping technique. Kinesiology tape can support tissues and joints without restricting the movements of structures around the joint.

Aim: To assess the existing literature on the effectiveness of KT in Basketball athletes with chronic ankle sprains undergoing rehabilitation, identify the limitation of previous studies, and justify the need for further research.

Materials and Methods: A literature search was performed using Google Scholar, PubMed, and Scopus database. A total of more than 60 articles showed up in which 10 is mentioned in the review on the basis of eligibility criteria. The search terms used were "Kinesio Taping", "chronic ankle sprain", and "rehabilitation". In this review we have included various parameters such as recurrent ankle sprain, in the past 1 year. Previous history of ankle fracture, ligament injury or recent sprain under 1 month were excluded. The articles were checked thoroughly and only full text articles were included for this review. These articles were reviewed in a narrative way. The duration of intervention varied across studies, ranging from 3 to 6 weeks, depending on the rehabilitation protocol used.

Results: As a result, this review appears to show significant improvement in the pain, ROM , functional performance, agility, functional mobility.

Conclusion: In basketball athletes with chronic ankle sprains undergoing rehabilitation, KT has demonstrated significant effectiveness in improving rehabilitation outcomes. The incorporation of KT into rehabilitation programmes should be prioritised, as it enhances functional performance, reduces pain, and supports recovery. Recommendations should focus on designing comprehensive rehabilitation protocols that integrate KT to optimise clinical outcomes and ensure athlete satisfaction.

Keywords: Ankle injuries, Functional performance, Rehabilitation protocols

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