

Comparative Effects of Kinesiology Taping and McConnell Taping on Chronic Ankle Instability in Recreational Runners

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ABSTRACT

Introduction: Running is one of the numerous activities that has grown in popularity as it can be done anywhere and anytime. A common ailment happens during running is ankle instability, which is linked to anomalies in postural stability. In recent times, there has been a growing interest in Kinesiology Taping (KT) and McConnell Taping (MT) as tools for injury prevention, rehabilitation, and stability enhancement.

Aim: To bring forth a comprehensive review of the present position in the literature about the study. The study included randomised controlled trials, experimental studies, and case studies and all studies published between 2018–2024.

Various databases like Google scholar, PubMed, ResearchGate were searched and articles from 2018-2024 and were reviewed in this study, total 20 articles were reviewed.

Result: MT seems to provide more stability as compared to KT, whereas KT provides better proprioception.

Conclusion: It can be concluded that, there were significant improvement in postural stability by using KT. Further, it was seen that MT improves stability more than KT and it also improves functional performance and dynamic balance. The limitation to this study was lack of research on effects of MT, hence further studies can consider studying the same.

Keywords: Postural stability, Rehabilitation, Stability enhancement

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