

# Effect of Kinesio Taping in Shoulder Impingement Syndrome in Volley Ball Players: A Review

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## ABSTRACT

**Introduction:** Volleyball requires extensive use of the shoulder joint, with repetitive overhead activities that may result in Shoulder Impingement Syndrome (SIS). SIS involves compression and abrasion of the rotator cuff structures, leading to pain, reduced range of motion, and diminished sports performance. Kinesio Taping (KT) is known for its potential to reduce pain, improve joint stability, and promoting muscle function among players.

**Aim:** To review the effectiveness of KT in addressing SIS and enhancing performance measures among volleyball players.

**Materials and Methods:** Randomised controlled trials in English language, published between 2010 and 2023, related to KT on volleyball players were included. A comprehensive literature review was conducted using databases such as PubMed, Google Scholar, and Research Gate, focussing on studies published between 2010

and 2023. After searching the databases, 10 free full text articles that fulfilled the objective and inclusion criteria were included.

**Results:** Findings from the reviewed studies suggest that KT can significantly reduce pain and improve scapular kinematics in athletes with SIS. However, its efficacy compared to conventional physiotherapy modalities or other interventions, such as subacromial corticosteroid injections, remains inconclusive.

**Conclusion:** KT offers a viable alternative for managing shoulder impingement syndrome among volleyball players, especially for short-term pain relief and functional improvement. However, more robust and controlled studies are required to establish its efficacy as a standalone treatment or in combination with conventional therapies.

**Keywords:** Functional mobility, Rehabilitation, Stroke, chronic stroke, gait and balance

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