

Effectiveness of Kinesiology Taping in Chronic Low Back Pain

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ABSTRACT

Background: Low back pain (LBP) is the most common musculoskeletal disorder and work-related health problem affecting millions of people. Kinesiology taping (KT) is a commonly used intervention for patients with chronic low back pain. Although it has been used as an additional treatment to conventional physiotherapy interventions the current evidence does not support this intervention.

Purpose: The primary goal of this study is to determine the efficacy of KT in relieving pain improving the disability of patients and increasing the range of motion in this patient with chronic low back pain.

Methodology: After carefully looking through many articles published on different databases such as Google Scholar, PubMed, Research Gate, etc. The articles researched and included in this paper are not older than 2018.

Data Extraction: Extracted data included participant demographics, baseline pain, VAS, NDI, intervention details (KT techniques, duration), and outcomes at 4 weeks.

Result: After carefully reviewing the above studies majority of the cases reviewed have shown a positive effect of KT in many cases of chronic lower back pain while improving movement and function of the lower back. KT combined with physical therapy provided better therapeutic effects regarding pain reduction and disability improvement compared with physical therapy alone in individuals with chronic low back pain.

Conclusion: Kinesiology taping effectively reduces pain and improves functional disability in CLBP patients.

Implication: Kinesiology taping results in decrease in CLBP and improve ROM.

Keywords: Taping and its indications, KT, chronic low back pain, sham KT on pain, disability in chronic low back pain (CLBP).

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