

Effects of Kinesio Taping on Patellofemoral Pain Syndrome: A Narrative Review

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ABSTRACT

Patellofemoral Pain Syndrome (PFPS) is a common musculoskeletal condition affecting the knee joint, often characterized by anterior knee pain during activities such as running, squatting, or ascending/descending stairs. As a non-invasive therapeutic intervention, Kinesio Taping (KT) has gained attention for its potential to alleviate symptoms and enhance functional outcomes in individuals with PFPS. Open access randomised controlled trials related to KT on PFPS among young adults and athletes, published from 2018-24 and in English language were included. Databases like PubMed, Google Scholar were searched using the following keywords- Kinesio

tape, taping, patellofemoral pain, pain, muscle strength, range of motion and athletes. After searching the databases, 10 free full-text articles that fulfilled the objective and inclusion criteria were included in the review. It was found that KT is effective in reducing pain, improving range of motion, improve function, and enhance muscle activity around the knee joint in individuals with PFPS. The effect of KT on PFPS suggests that KT can be a beneficial intervention for managing this condition. Studies have shown effective results in terms of reducing pain levels, improving functional outcomes, and enhancing muscle activity in individuals with PFPS.

Keywords: Muscle strength, Pain, Range of motion

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