

Effect of Kinesio Taping on Scapular Dyskinesia: A Review

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ABSTRACT

Introduction: Scapular dyskinesia is commonly linked with altered scapular motion and muscle activation, which may contribute to shoulder pain and dysfunction, especially in overhead athletes. Taping techniques such as rigid taping and Kinesio taping are widely used in clinical and sports settings to influence scapular biomechanics.

Aim: To review the effects of kinesio taping on individuals with scapular dyskinesia.

Materials and Methods: The inclusion criteria comprised experimental studies involving individuals diagnosed with scapular dyskinesia. Eligible studies investigated kinesio taping as the primary intervention and reported outcomes related to scapular position and/or scapular kinematics. A systematic literature search was conducted using relevant keywords and subject headings across multiple databases, including PubMed, Scopus, Cochrane Library, MEDLINE, and EMBASE, in accordance with PRISMA guidelines. The literature search was conducted using the keywords scapular

dyskinesia, scapular position, and kinesio taping, combined with the Boolean operators 'AND' and 'OR.' Filters were applied to limit the results to free full-text articles published within the last five years. A total of 20 articles were identified, of which 15 were available as free full text, and 5 experimental studies met the eligibility criteria.

Results: In scapular dyskinesia, upper trapezius taping reduced upper trapezius muscle activation and increased scapular posterior tilt, particularly in type II dyskinesia patterns. In asymptomatic and athletic populations, taping consistently increased scapular posterior tilt and external rotation during shoulder elevation. Rigid and Kinesio taping were also shown to reduce scapular dyskinesia prevalence and improve pectoralis minor length, although changes in scapular upward rotation were inconsistent.

Conclusion: Taping be a useful adjunct for managing scapular dyskinesia and for injury prevention in overhead athletes, although long-term effects and functional outcomes require further investigation.

Keywords: Kinesio taping, Scapular position, Shoulder pain.

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