

Applications of Dynamic Taping in Musculoskeletal Rehabilitation: A Narrative Review

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ABSTRACT

Dynamic Taping (DT) has gained increasing attention in musculoskeletal rehabilitation due to its ability to modulate mechanical load during movement. Unlike traditional rigid or kinesiology taping, DT is designed to absorb external loads and reduce tissue stress during movement. Despite its growing clinical use, evidence regarding its effectiveness across musculoskeletal rehabilitation remains unclear. This review aims to critically synthesise and appraise current literature on the application of DT in musculoskeletal rehabilitation, with emphasis on pain, movement performance, functional outcomes, and quality of life.

Electronic databases, including PubMed and Google Scholar, were searched using terms “dynamic taping”, “musculoskeletal rehabilitation”, “pain”, “function”, and “movement”. Articles published in English involving adults with musculoskeletal conditions were included. Data were extracted on study design, populations, taping protocols, outcome measures, and key findings. The methodological

quality of included studies was evaluated qualitatively by considering design, sample size, use of control groups, and outcome measures. Due to heterogeneity in methodologies, a qualitative narrative synthesis was performed. The overall strength of evidence ranges from low to moderate. Moderate-level evidence supports the use of dynamic taping as an adjunct to standard rehabilitation in conditions such as plantar fasciitis and chronic neck pain, with reported improvements in pain, function, and patient-reported outcomes. In contrast, findings related to low back pain and tendinopathies were variable, with some studies indicating functional improvements but limited benefits in pain reduction.

DT appears to be a promising adjunct in musculoskeletal rehabilitation, particularly for enhancing movement and functional outcomes. However, variability in application techniques and limited long-term data highlight the need for further high-quality research.

Keywords: Dynamic taping, Musculoskeletal rehabilitation, Pain.

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