

## **Effects of kinesio-taping on pain and functions of chronic non-specific low back pain patients**

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**Background:** Low Back Pain (LBP) is enormously common health problem and most of subjects experience it at some point of their life. Kinesio-taping is one of therapy methods introduced for studied cases with nonspecific low back pain.

**Objectives:** To look at how Kinesio-taping affects studied cases with non-specific low back pain in terms of discomfort, range of motion and back muscular strength.

**Subjects:** 40 mechanical LBP patients aged 20-40 years had been assigned haphazardly into two groups; they had been selected from outpatient clinic, KasrAl-Aini Hospital, Cairo University.

**Methods:** Group A: 20 patients received the I-shape KT longitudinally and conventional physiotherapy program. Group B: 20 studied cases received application of the KT horizontally and conventional physiotherapy program. Pain had been measured by visual analog scale, Range of motion had been measured by Roland Morris Disability Questionnaire (RMDQ) and strength had been measured by an isokinetic dynamometer before and after therapy. Therapy sessions had been three times weekly for four weeks.

**Results:** Groups (A and B) discovered decrease in pain and disability and rise in their flexion, extension ROM and peak torque of trunk extensor after end of 4 weeks of program. mean values of pain scale after therapy had been 3.7 and 5.04 in groups A and B. Mean values of Disability scale after treatment had been 7.87 and 9.35 in groups A and B. mean values of ROM of flexion had been 28.06 and 24.53 in groups A and B. Mean values of ROM of extension had been 13.43 and 10.73 in groups A and B. Mean values of Peak torque of lumbar extensors were 65.43 and 63.22 in groups A and B. Though, participants who received the I-shape KT longitudinally as well as conventional physiotherapy program (group A), discovered more reduction in pain and disability and more improvement in ROM of flexion, extension and Peak torque of lumbar extensors value ( $P < 0.001$ ) after therapy program.

**Conclusion:** Therapeutic longitudinal Kinesio-taping application with conventional physiotherapy will be more valuable than Therapeutic horizontal Kinesio-taping application with conventional physiotherapy when treating nonspecific low back pain studied cases.

**Keywords:** Kinesio-taping, Pain, Functions, Chronic low back pain.

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### Biography

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