Effects of Kinesio Taping on Thoracolumbal Fascia Flexibility in Patients with Subacromial Impingement Syndrome

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Abstract

There are myofascial spirals in our body. The upper extremity is related to the trunk and lower extremity and this relationship continue via TLF and myofascial spirals. Subacromial impingement syndrome may cause changes in the flexibility of the thoracolumbar fascia and Kinesio taping is a treatment method to treat fascia (Stecco C. 2017; Stecco L 2004; Wong K-K 2017). Our purpose for this study was to evaluate the effects of Kinesio Taping on thoracolumbar fascia flexibility in patients with Subacromial Impingement Syndrome. A total of 30 volunteered patients with Subacromial Impingement Syndrome were included in our study. Modified Schober Test and Thoracolumbar Fascia Lenght Test (Maggee JD 2014) were used to evaluate thoracolumbar fascia flexibility. Also Posterior Capsule Shortness Test was assessed for the flexibility of posterior capsule region. Kinesio Taping Fascia Correction Rams Head Technique (Kase K & Wallis J 2003) was applied on thoracolumbar fascia region. Assessments were done before and 45 min. after Kineso Taping application. The clinical trial number of the study is NCT03415438. Statistically significant differences were found at Modify Schober Test, Posterior Capsule Shortness Test and Thoracolumbar Fascia Lenght Test results after Kinesio Taping application (all p<0.05). Kinesio Taping may be an effective treatment for improving the flexibility of thoracolumbar fascia in patients with Subacromial Impingement Syndrome.
References


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