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Abstract details

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Title of the paper:	EFFECTS OF AN ELASTIC TAPING APPLICATION ON ACTIVE CERVICAL R.O.M.
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Abstract text

Introduction:

Elastic taping is largely used by professionals for sports practitioners and common people. The aim of this study was to measure the effects on perceived pain and active cervical Range of Motion (ACROM) of a classical application of elastic taping (ET). Previous studies (Saavedra-Hernandez et al., 2012; Gong, 2015) investigated the effects of neuromuscular taping or manipulation on cervical function and pain but the results are inconsistent.

Methods:

Fifty subjects (33.9±4.8 yrs; 174.5±8.2 cm; 73.5±11.2 kg; 38M; 12F) for the study group (SG) and twenty subjects (32.6±3.9 yrs; 174.9±10.9 cm; 71.2±12.9 kg; 11M; 9F) for the control group (CG) were respectively recruited. Each group performed three ACROM measurements with an inertial sensor (Moover, Sensor Medica, Guidonia-RM, Italy) and declared three times the perceived pain on neck basing on a 0-10 VAS scale: at the baseline, after 20' from ET application and after three days dressing the ET application. Between the first and the second ACROM and VAS measurement an ET (Taping Elastico®, ATS, Arezzo, Italy) was applied on the superior trapezius and cervical zone of the SG subjects. The ET was dressed in for three days and it was removed 1 hour before the last evaluation. The measured parameters were: maximum and average left and right rotation and lateral inclination, maximum and average flexion and extension, subjective perception of neck pain on a 0-10 VAS scale. ANOVA analysis was used to find out significant differences between repeated measurements and the level of significance was setting at $p < 0.05$.

Results:

The CG did not show any significant change in any measurement session both for ACROM and VAS parameters. The SG showed higher significant values for all the measured parameters in ACROM test and lower values in VAS scale after three days respect to the baseline. Better values in ACROM and VAS parameters were measured also between the second and the last session of test. Finally, some significant differences were also found between baseline and after 20' from the ET application just for ACROM parameters.

Discussion:

The results give more information on the usefulness of ET and the results of other authors (Saavedra-Hernandez et al., 2012) are reinforced. Objective effects on ACROM and a reduced subjective perception of pain for ET are well documented in this study. The results underlines the usefulness of ET in terms to enhance ACROM in all directions and to reduce subjective neck pain when it is necessary.

References:

Saavedra-Hernandez M et al. (2012). J Orthop Sports Phys Ther 42(8):724-30.
Gong W (2015). J Phys Ther Sci 27(5):1609-11.

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Keyword I:	NEUROMUSCOLAR TAPING
Keyword II:	CERVICAL ROM
Keyword III:	NECK

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