

Are there any changes in strength after the application of Kinesio taping in lateral epicondylalgia?

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Abstract-

BACKGROUND: In 1973, Dr. Kenzo Kase developed Kinesio taping from the hypothesis that this external component could aid the functions of muscles and other tissues. There are different studies on this issue, but none has completely clarified the research question.

OBJECTIVE: To study the application of Kinesio taping in the variation of isometric muscle strength of the hand extension and grip, isokinetic strength of the pronation and supination movements, and the time it takes to reach that strength in patients with lateral epicondylalgia.

METHODS: An analytical, experimental, randomized study was carried out with 104 subjects with lateral epicondylalgia. The subjects were randomly distributed among two groups: one received Kinesio taping and the other a placebo material. A pre- and post-intervention measurement was performed. The post-measurement was carried out 24 hours later so as to completely eliminate the fatigue effect produced by the first day measurements, as well as to ensure that the intervention was effective, and not immediate. The measurements were made using a dynamometer.

RESULTS: No significant differences were found between the application of Kinesio taping and placebo material in subjects with lateral epicondylalgia regarding the variation of muscle strength in any of the study variables ($p > 0.05$ for all studied variables).

CONCLUSIONS: Kinesio taping produces no change in strength after application and exerts an effect similar to that of a placebo.

Index Terms- Taping, lateral epicondylalgia, muscle strength, dynamometer

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