

## In physical therapy, how is kinesiology tape used?

Jennifer Renk\*

Department of Physical Therapy, University of Mississippi Medical Center, School of Health Related Professions, Jackson, United States

### Introduction

Benefit from the trained services of a physical therapist to help you return to your prior level of mobility if you have suffered an injury or illness that creates a problem with your functional mobility or usual activity. To treat your unique ailment, your physical therapist may employ a variety of exercises and methods. Your physical therapist may utilise kinesiology taping as part of their therapy plan. It entails using special tape in certain orientations to your body to help enhance mobility and support your joints, muscles, and tendons [1].

### Is kinesiology tape just another kind of athletic tape?

While kinesiology tape may appear to be a sophisticated version of athletic tape, the two are vastly different. Kinesiology tape is used to facilitate motion and inhibit discomfort and spasm, while athletic tape is intended to support and limit motion. Athletic tape is generally inflexible, but kinesiology tape is flexible and moves with you. The use of kinesiology tape can aid to improve lymph transfer and circulation. Athletic tape has a tight binding that helps to reduce circulation [2].

### What does it do?

When used, kinesiology tape performs a variety of tasks. To identify the optimal application of kinesiology tape for your problem, your physical therapist will do an evaluation and assessment. He or she will determine whether or not the tape is necessary for you and whether or not there are any contraindications to utilising it. Various theories exist concerning how kinesiology tape works. The sensory nerve system's proprioception input in the muscles, joints, and skin is hypothesised to change first. The tape is supposed to help reset the circuitry of this section of the nervous system, resulting in greater muscular activation and performance by improving the interface between the skin and the underlying structures [3].

Kinesiology tape is also thought to block nociceptors, or pain receptors, in your muscles, skin, and joints. Reduced unpleasant brain input is expected to regulate muscle tone, resulting in less pain and muscular spasm. Kinesiology tape is also thought to correct joint postures and may be helpful in collagen tissue remodelling, such as scar tissue management.

### Brands and types

Kinesiology tape comes in over 50 different types and brands now, including Kinesiotape, KT Tape, and Rock

Tape. Some tapes are made for sports performance, while others are made to help with lymphedema and swelling.

### Specific uses

Kinesiology tape has a wide range of applications. The following are some of the most popular applications for kinesiology tape:

**Facilitation:** The application of kinesiology tape can aid in the improvement of muscle firing and contraction patterns. This can help increase athletic performance as well as normalise muscular tone.

**Pain management and inhibition:** Kinesiology tape can be used to assist reduce pain and muscular spasms that can arise after an accident. It can aid in the reduction of nociceptive input to the brain, which can aid in the reduction of muscle guarding and protective spasm.

**Support and stability:** Kinesiology taping may be ideal for you if you have a condition that requires a specific joint to be held in place. Kinesiology tape can help with conditions such as patellofemoral stress syndrome, iliotibial band friction syndrome, and shoulder instability. The tape can provide support for your joint while still allowing some movement.

**Swelling management:** If you've had surgery or suffered an accident that causes swelling, kinesiology tape can help reduce swelling by reducing pressure between the skin and the underlying tissues. This creates a passageway for any surplus fluids that have accumulated since your injury. Kinesiology tape is occasionally used to treat lymphedema or superficial contusions.

### Is kinesiology tape effective?

Because kinesiology taping is such a new and original concept in the world of physical therapy, there is still a lot of research to be done to figure out how the tape works and if it truly lives up to its claims. According to recent research, kinesiology tape can help increase muscular contractions in the vastus medialis, a portion of the quadriceps muscle that controls the position of your kneecap [4,5].

### References

1. Cholewicki J, Greene HS, Polzhofer GK, et al. Neuromuscular function in athletes following recovery from a recent acute low back injury. *J Ortho & Sports Phys Ther.* 2002;32(11):568-75.

\*Correspondence to: Jennifer Renk, Department of Physical Therapy, University of Mississippi Medical Center, School of Health Related Professions, Jackson, United States, E-mail: j.renk@umc.edu

Received: 27-April-2022, Manuscript No. AAJPTSM-22-61995; Editor assigned: 04-May-2022, PreQC No. AAJPTSM-22-61995(PQ); Reviewed: 18-May-2022, QC No. AAJPTSM-22-61995; Revised: 20-May-2022, Manuscript No. AAJPTSM-22-61995(R); Published: 25-May-2022, DOI:10.35841/ajptsm-6.3.111

2. Goldby LJ, Moore AP, Doust J, et al. A randomized controlled trial investigating the efficiency of musculoskeletal physiotherapy on chronic low back disorder. *Spine*. 2006;31(10):1083-93.
3. Hush JM, Refshauge KM, Sullivan G, et al. Do numerical rating scales and the Roland-Morris Disability Questionnaire capture changes that are meaningful to patients with persistent back pain? *Clin Rehabil*. 2010;24(7):648-57.
4. Kalron A, Bar-Sela S. A systematic review of the effectiveness of Kinesio Taping--fact or fashion. *Eur J Phys Rehabil Med*. 2013;49(5):699-709.
5. Kase K, Wallis J, Kase T. *Clinical Therapeutic Applications of the Kinesio Taping Method*. Ken Ikai, Tokyo. 2002.