

7th International Conference and Exhibition on
PHARMACOLOGY AND ETHNOPHARMACOLOGY
&
**5th GLOBAL PHYSIOTHERAPY, PHYSICAL
REHABILITATION AND SPORTS MEDICINE**

March 27-28, 2019 | Amsterdam, Netherlands

Vahid Mazloun, Asian J Biomed Pharmaceut Sci 2019, Volume 9 | DOI: 10.4066/2249-622X-C1-017

**A COMPARATIVE STUDY ON THE INFLUENCE OF KINESIO TAPING® AND
LASER THERAPY ON KNEE JOINT POSITION SENSE, PAIN INTENSITY, AND
FUNCTION IN INDIVIDUALS WITH KNEE OSTEOARTHRITIS**

Vahid Mazloun

Islamic Azad University of Karaj, Iran

Introduction: Conservative rehabilitation methods are assumed as a fundamental part of treatment in patients with knee osteoarthritis (OA). The objective was to investigate the influence of kinesio taping® (KT®) and low level laser therapy (LT) on pain intensity, function, and knee joint position sense (JPS) in such patients.

Results: Both methods can significantly improve pain intensity, reduce the time to perform 'Up and Go test', and reduce the angle reproduction error of 60° knee flexion ($P < 0.001$). Mean difference for target angle reproduction error was more significant in KT group compared to LT group ($P < 0.001$); while no significant mean difference was found for other measurements ($P > 0.05$).

Conclusion: KT® and low level laser can improve pain, knee JPS, and function in clients with knee OA; however there is better effect of KT® on knee JPS.

BIOGRAPHY

Vahid Mazloun is a physical therapist from Iran. He completed his PhD from sports Injuries department, Shahid Bahooonar University of Kerman in 2017. Since 2015, he became academic member in Islamic Azad University of Karaj. Since 2011, he is working as a physical therapist to visit clients with musculoskeletal disorders in his private outpatient clinic. He is invited in many domestic and international conferences as a speaker, lecturing about the management of chronic low back pain and also written a book regarding the exercise therapy in orthopedic disorders. His research interests include musculoskeletal rehabilitation among athletes and non-athletes population. He is now working on the effectiveness of dry needling on chronic low back pain for post-doctoral fellowship program.

Vahid.mazloun@yahoo.com



Note: