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Short term effect of Kinesio taping on dynamic knee valgus in asymptomatic collegiate athletes - A randomized double blinded sham-controlled trial

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Objectives: To determine the short-term effectiveness of kinesio taping (KT) on dynamic knee valgus in asymptomatic collegiate athletes.

Methods: Subjects were screened for inclusion and exclusion criteria using drop jump test, hip drop test and 2D video analysis. Before intervention subjects were randomized into experimental group (group1) and control group (group 2) by block randomization method. Study was conducted among 18-25 years 40 collegiate athletes, 28 males and 12 females were selected. DKV and HDT were checked before, immediate (1st day) and 3rd day after the treatment by 2-D video analysis.

Results: Dynamic Knee Valgus of athletes between groups was analyzed using Friedman's test and that shows there was a high significance difference found in 1st day after (immediate effect) the Kinesio taping group. DKV mean, mean difference and CI within group in male and female in both Kinesio and control group before the treatment ($p=0.001$), immediate after the treatment and after 3rd day of treatment. At immediate effect, mean of male and female mean difference of male and female CI in male and female of taping is better than 3rd day and CI in male and CI in female in both groups.

Conclusion: It was concluded that short term effect of Kinesio taping showed reduction in dynamic knee valgus angle as well as improving muscle strength which is beneficial for athlete's regular rehabilitation to prevent the injuries. Immediate effect of Kinesio taping is better than long term effect.

Biography

Jignesh Patel is doing his MPT (master of physiotherapy) in Srinivas College of physiotherapy and research centre, Mangalore which is affiliated by Rajiv Gandhi University of health science, Bangalore, India.

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