



Effectiveness of Bilateral Ankle kinesio taping on Postural Balance and Strength in Community Dwelling Geriatric Population-A Randomized Controlled Trial

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Abstract: The aging process leads to balance disorders that can increase the number of falls. Considering the prevalence of fall, impaired balance, ankle instability, impaired proprioception, they can hinder activity of daily living. The Kinesio Taping is a method that aims at improving muscle performance, proprioception, coordination and balance. The objective of the present study was to investigate the effect on balance & gait in community dwelling elderly population when bilateral ankle taping is applied.

We evaluated 50 elderly subjects, with an average age of 65 ± 5 years, who were divided into two groups: the Kinesio Taping group, in which the elderly subjects including both male & female ($n=25$) were included and Control, where the elderly subjects included male & female ($n=25$) received a placebo tape (3M Micropore). Both groups were evaluated pre & post application of kinesio tape & sham tape at day 1 without application, day 1 with application of tape and at day 7 of application & then at 14th day after removal of tape for checking the residual effect. Tape was changed at the 7th day and was applied again on the same day by Time Up & Go Test & Hand Held Dynamometer for checking balance & strength. The finding indicated that there was no statistically significant difference between the group for ankle muscle strength but kinesio tape was able to improve the balance by decreasing the time duration to cover the distance and hence enhance the walking ability therefore ankle balance taping is an alternative to prevent and treat the impaired balance in geriatric population.



Biography: Dr Bharti Arora (PT), BPT, MPT, Pursuing PhD with around 11 years of academic & clinical experience, presently working as an Assistant Professor in Faculty of Physiotherapy, SGT University Since 2011. Lifetime Membership of Indian Association of Physiotherapy. Having teaching experience at graduate/postgraduate level. Has contributed 13 research papers in various National and International Journals and 1 book on “Effect of Mannequins on patient with BPPV”. ISBN No- 978-3-330-01154-0. Lambert Academic Publishing, managed by S. Clark. Has presented papers in various conferences and is invited as external examiner in various universities and was awarded with **best presenter** award in faculty development program organized in November 2015, **2nd prize in paper presentation** (2016) **incpt-6 AIIMS**, New Delhi, **Excellence award** in national conference “critical care rehabilitation -2018” at **Medanta –the Medicity** hospital & **Academic Excellence award** at neuraxis-2018.

Publications: 1. Fall in older people: epidemiology, risk factor and strategies for prevention. Age and Ageing.
2. Elder Mistreatment in urban India: A community Based Study.
3. Inefficient postural responses to unexpected slip during walking in older adults.
4. Dual task assessment of reorganization in person with lower limb amputation.
5. The square stepping exercise is more effective than walking in reducing fall risk.

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