



Efficacy of 4 week of Kinesio Taping on Inter Recti Distance in Post Partum Back Pain among females of District Gurugram, Haryana, India- A Pilot Study

Dr Priyanka Rishi

Professor in Faculty of Physiotherapy, SGT University

Abstract: The present pilot study examined the effect of 4 week of kinesio taping on Inter Recti Distance in post partum back pain females for ensuring early recovery and functional performance in females of district gurugram , Haryana as most of the females in the state is involved in the field work as early as possible without training the abdominals and most of the times ignoring the pain as it is thought to be the normal physiology behind the pregnancy.

The study was carried out to investigate the effect of taping on inter recti distance as it is most commonly seen in postpartum leading to back pain and many few studies have been studied to see the effect on inter recti distance leading to back pain

Biography: Dr Priyanka Rishi (PT), BPT, MPT, Pursuing PhD with around 7 years of experience is working as an Assistant Professor in Faculty of Physiotherapy, SGT University Since 2014. Member of Indian Association of Physiotherapy. Having teaching experience at graduate/postgraduate level. Has contributed **12 research papers** and **1 book** (Effect of Mobilization and Resistance Training on patients with OA. ISBN No- 978-3-659-90473-8 .Lambert Academic Publishing , managed by Omni Scriptum Management GmbH, Saarbrucken, Germany)in various National and International Journals. **Awarded with Frederick Sanger Researcher Award -2015 in Physiotherapy. Awarded with Significant contribution award in the field of Physiotherapy by Ortho Conclave. Awarded with Role of significant contributor award in institution building.** Is working as a reviewer in two of the reputed journals in India. Having worked in various settings like Hospitals, Outpatient clinics, Academics, the area of interest comes out to be Musculoskeletal Rehabilitation.



Publications: 1. Prevalence of diastasis recti among presenting at Holy Family Hospital Rawalpindi.
2. Kinesio taping compared to physical therapy modalities for the treatment of shoulder impingement syndrome .
3. The Effect of Elastic Therapeutic Taping on Back Extensor Muscle Endurance in patients With Low Back pain: A Randomized ,controlled ,crossover.
4. Effects of exercise and kinesio taping on abdominal recovery in women with cesarean section: A pilot randomized controlled trial. Arch. Gynecol.

[8th International Conference on Physiotherapy & Physical Rehabilitation, Bangkok, Thailand, August 10-11, 2020](#)

Abstract Citation: [_Priyanka Rishi, Efficacy of 4 week of Kinesio Taping on Inter Recti Distance in Post Partum Back Pain among females of District Gurugram, Haryana, India- A Pilot Study. PHYSIOTHERAPY 2020, Bangkok, Thailand, August 10-11, 2020, pp: 0-1](#)