



Effectiveness of Kinesio Taping in Patients with Knee Osteoarthritis

SCIENCE

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Key Take-Away:

Kinesio taping is an elastic cotton strip with an acrylic adhesive to treat pain and disability from athletic injuries and a variety of different physical disorders. ZhijunLu et al. elucidated that Kinesio Taping was concerned with significantly improved VAS, WOMAC scale and range of motion of the knee.

Introduction:

This meta-analysis from randomized controlled trials (RCTs) investigated the efficacy of Kinesio Taping in reducing pain and improving knee function in patients with knee osteoarthritis (OA).

Methods

PubMed, Embase, Web of Science and Cochrane Library were searched up to August 2018. The studies searched were rendered eligible if they met the criteria as:

Population: Knee OA patients

Intervention: Intervention groups obtained Kinesio Taping for the treatment of knee OA

Comparisons: Control group received the sham taping

Study design: RCTs. The Outcomes were estimated as McMaster Universities Arthritis Index (WOMAC) scale, VAS, range of motion and muscle strength.

The Cochrane Collaboration's tool was used to examine the risk of bias. The authors investigated statistical heterogeneity for each RCT with the use of a standard Chi² test and the I² statistic. Meta-analysis was done via STATA statistical software 15.0.

Result

Five RCTs involving a total of 308 patients were included in this study. There were significant differences between the Kinesio Taping groups and control groups regarding VAS, WOMAC scale and flexion range of motion. There was no significant difference concerning quadriceps femoris muscle between the groups.

Conclusion

Kinesio Taping found to be useful for improving pain and joint function in knee OA patients. Currently, there is a limited quality of the evidence, hence the results of this meta-analysis should be treated with caution.

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Original title of article:	Kinesio taping improves pain and function in patients with knee osteoarthritis: A meta-analysis of randomized controlled trials
Authors:	ZhijunLu et al.

Exploratory, Kinesio taping, Osteoarthritis, Knee, quadriceps femoris muscle, Meta-analysis, RCTs, Visual analog scale (VAS), McMaster Universities Arthritis Index (WOMAC) scale, Efficacy