

## Assessment of the Impact of the Application of Kinesiology Taping on Joint Position Sense in Knee Joint

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**Abstract :** Introduction: Kinesiology Taping is one of the most popular techniques used for treatment and supporting physiological processes in sports medicine and physiotherapy. Often it is used to sensorimotor skills of lower limbs by athletes. The aim of the study was to determine the effect of the application of muscle Kinesiology Taping to feel the position setting in motion the joint active. Material and methods: The study involved 50 healthy people between 18 and 30 years of age, 30 men and 20 women (mean age 23.24 years). The participants were divided into two groups. The study group was qualified for Kinesiology Taping application (muscle application, type Y, for quadriceps femoris muscle), while the remaining people used the application made of plaster (placebo group). Testing was performed prior to applying taping, with the applied application (after 30 minutes), then 24 hours after wearing, and after removing the tape. Each evaluated joint position sense - Error of Active Reproduction of Joint Position. Results: The survey revealed no significant differences in measurement between the study group and the placebo group ( $p > 0.05$ ). No significant differences in time taking into account all four measurements in the group with the applied CT application, which was supported by pairs ( $p > 0.05$ ). Also in the placebo group showed no significant differences over time ( $p > 0.05$ ). There was no significant difference between the errors committed in the direction of flexion and extension. Conclusions: 1. Application muscle Kinesiology Taping had no significant effect on the knee joint proprioception. Its use in order to improve sensorimotor seems therefore unjustified. 2. There are no differences between applications Kinesiology Taping and placebo indicates that the clinical effect of stretch tape is minimal or absent. 3. The results are the basis for the continuation of prospective, randomized trials of numerous and study group.

**Keywords :** joint position sense, kinesiology taping, knee joint, proprioception

**Conference Title :** ICPLP 2016 : International Conference on Physiotherapy and Life Physics

**Conference Location :** Zurich, Switzerland

**Conference Dates :** July 21-22, 2016