عنوان مقاله:

Effects of kinesiotape on pain, range of motion, and functional status in patients with osteoarthritis:a randomized controlled trial

محل انتشار:

کنگره سراسری رویکرد پزشکی ورزشی در آسیب و سمینار تازه های علوم ورزشی (سال: 1398)

تعداد صفحات اصل مقاله: 7

نویسندگان:

Maryam Abolhasani - *Sports Medicine Research Center, Neuroscience Institute, Tehran University of Medical Sciences, Tehran, Iran .Department of Sports and Exercise Medicine, School of Medicine, Tehran University of Medical Sciences, Tehran, Iran*

Farzin Halabchi - *Sports Medicine Research Center, Neuroscience Institute, Tehran University of Medical Sciences, Tehran, Iran .Department of Sports and Exercise Medicine, School of Medicine, Tehran University of Medical Sciences, Tehran, Iran*

Roshanak Honarpishe - *Department of Physical Therapy, Franklin Pierce University, Manchester, New Hampshire, USA*

Joshua A Cleland - *Department of Sport, Health & Exercise Science, University of Hull, Kingston-upon-Hull, UK*

Azadeh Hakakzadeh - *Sports Medicine Research Center, Neuroscience Institute, Tehran University of Medical Sciences, Tehran, Iran ۲Department of Sports and Exercise Medicine, School of Medicine, Tehran University of Medical Sciences, Tehran, Iran*

خلاصه مقاله:

This study aimed to determine the effects of kinesiotape (KT) on pain, range of motion, and functional status in patients with osteoarthritis of the knee. In this randomized controlled trial, patients with knee osteoar- thritis, based on American College of Rheumatology criteria, and Kell- gren-Lawrence grade 2 or 3 criteria were selected. Visual analogue scale and active range of motion were the primary outcome measures. Timed Up and Go test and 6-min walk test, were the secondary out- come measures. Evaluation was performed at baseline (T0), after 1 hr (T1), and after 72 hr (T2). We recruited 27 patients with osteoarthritis (age, 57.33± 8.72 years; 63% female; body mass index, 29.7± 4.3 kg/m2) who were randomly assigned into KT or sham-KT groups. There was a significant group by time interaction for the visual analogue scale (P <0.001, η2 = 0.593), active range of motion (flexion) (P < 0.001, η2 = 0.492), active range of motion (extension) (P< 0.001, η2 = 0.351), 6-min walk test (P < 0.001, η2 = 0.568), and Timed Up and Go test (P = 0.026, η2 = 0.136). Be- tween-group comparisons revealed significant differences between KT and sham-KT in visual analogue scale and Timed Up and Go test in T1 and T2 assessments, with changes in knee flexion (P< 0.002) and exten- sion active range of motion (P < 0.010) and 6-min walk test (P < 0.044) at 72-hr posttreatment. This study showed that, 1 hr of KT is an effective treatment for decreasing pain and improving active range of motion and physical function at a 72-hr follow-up in patients with osteoarthritis

کلمات کلیدی:

Osteoarthritis, Knee pain, Kinesiotape, Range of motion