

## KINESIOTHAPING AS ONE OF THE TREATMENTS METHOD

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**Actuality.** Recently sports medicine and rehabilitation have become one of the most rapidly developing medical industries. The actual direction of regenerative medicine is kinesio taping. Kinesiotaping has become widely used in sports medicine, rehabilitation and physiotherapy.

Today, Kinesiotaping became an integral part of full-scale treatment and restoration of patients with injuries of various genesis locomotor apparatus. In countries with a world-class healthcare, using of Adhesive Elastic Ribbon has become a commonplace for a long time. They are regularly used not only by professional athletes, but also in treatment of other patients of orthopedic traumatologists, neurologists, rheumatologists or therapists.

**Aim:** to consider and to compare the usage of Kinesio Taping methods.

**Tasks:** to look at and examine Kinesio Taping methods.

**Methods** of research: literature analysis and comparative method.

For the first time, tapes were widely used by Ukrainian athletes at the 2012 Olympics in London, while abroad they were applied at 1979. At present, kinesiotaping Method develops on a very rapid speed.

The Pros and Cons of Kinesio Taping. Many patients with MSDs turn to the Kenisio (Kinesiology) taping method. This quick and painless complementary therapy is popular among people with a wide variety of sports and musculo-skeletal injuries. The tape stimulates the organism's natural healing process and provides extra support for the muscles and joints without hindering the range of motion. The tape canals alleviate pain and stimulate lymphatic drainage.

How Does Kinesio Taping Work? When the tape is applied, it gently lifts the skin due to its elasticity. It makes small wrinkles on the skin surface, which in turn creates tiny spaces between the skin and the tissues inside, in which the areas of negative and positive pressure alternate.

Negative pressure is asstimulate the opening of lymphatic vessels and allows the excess fluid drainage, which reduces the pressure on pain receptors. As a

result, the pain is alleviated. Meanwhile, the blood flow improves and delivers the much-needed nutrients to the injured tissue to promote quicker healing.

The tapes come in various shapes and sizes. The therapist determines which Kinesio tape works the best for a particular case. It's not recommended to apply the Kinesio tape without professional assistance. People with MSDs and sports injuries can benefit from the Kinesio tape the most.

1. Athlete Rehabilitation. While Kinesio tape doesn't work wonders for healing sports injuries, it can be a great complement to manual manipulation therapies. The tape stabilizes the affected area and allows the muscles and ligaments to rebuild and strengthen by reducing the pressure on the areas, where manual manipulations were applied.

2. Alignment. Kinesio taping can assist you with alignment. Aligning the back or other body parts in a correct way can decrease the pain caused by an injury and allow the joints to recover after physical stress.

3. Pain Alleviation. Acute or chronic pain associated with MSDs and injuries can be alleviated by correctly applied Kinesio tape. Kinesio tape is used on the affected area to reduce pain and discomfort.

4. Bruise Reduction. Bruising is a common injury companion. Kinesio tape works well on bruised areas as by draining the fluids from the lymphatic ducts.

5. Athletic Training. Kinesio tape can be applied before exercising or a sports competition. Athletes who have trouble with rolling ankles and patellar tracking tissue can use the tape as a preventive measure.

While there haven't been any extensive studies done to confirm the effectiveness of Kinesio tape, many patients with MSDs and athletes give positive reviews to this method. The lack of research doesn't make the Kinesio tape any less effective.

Kinesio tape is a practical asset for athletes and passionate sportsmen and women. It offers a number of rehabilitative and preventative benefits, the top 7 are:

1. Receive instant pain relief following a sudden injury.
2. Rehabilitate damaged muscles and joints more quickly.
3. Reduce your chance of injury.
4. Optimise performance.
5. Reduce muscle fatigue.
6. Prevent cramps.
7. Reduce the likelihood of bruising.

**Conclusions.** Kinesiotaping is often used in rehabilitation clinical centers, private practices. However, there are a lot of contradictory evidence regarding

its effectiveness. Some doctors (*Koroglu F, Kalinowski P, practitioners of Danylo Halytsky Lviv National Medical University: Babelyuk D. V., Poligas Yu.M.*) published the researches results concerning the effective application of this method. As recent studies have shown, kinesiotaping is getting closer to a full-fledged evidence-based medicine.

### References

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