Does Kinesiology Taping Improve the Early Postoperative Outcome in Anterior Cruciate Ligament Reconstruction? A Randomized Controlled Study

Journal Article Spotlight

Objective:

Sixty subjects who underwent an elective ACLR with or without concurrent patellar tendinitis (PT) were randomly assigned to one of two study groups: the intervention group (I) received kinesiology taping of the patellar tendon and the control group (C) received no intervention. Both groups were monitored daily over a 14-day period and were evaluated at the first and second weeks postsurgery, each application lasting 5 days.

Main Outcome Measures:

The study parameters of interest included pain in the knee, Lysholm–Tegner scale, mid-patella circumferential girth, and the return to sport activity. The results revealed no statistical significance at various time points except the reduction of pain in the I group compared to the C group.

Conclusions:

The results of this study suggest that kinesiology taping may be effective in reducing pain in patients undergoing ACLR, but further research is needed to confirm these findings.

References:


Further research relevant to SRC by identifying knowledge gaps.

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Declaration of Interest:

The authors declare that they have no competing interests.

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