Oral Communication

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The Effect of Kinesio-Taping on Chronic Nonspecific Low Back Pain: A Double Blinded Randomized Clinical Trial

Topic: Exercise

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BACKGROUND

The aim of this study is to assess the effectiveness of Kinesio-Taping in the short and medium term on pain and function in low back pain compared to a placebo.

METHODS

We conducted a double-blind, two-arm randomized clinical trial. The study included a total of 70 patients randomized into two groups: Kinesio-Taping (n = 35) and control group (n = 35). All patients received Kinesio-Tapes with a tension between 25 to 30% in the taping group, and with no tension in the placebo group. Taping was applied at baseline, fourth and eighth day. Patients are assessed at baseline, on day 14 and after four weeks by the Oswestry Physical and Functional Disability Index (ODI) Arabic version, which was the primary outcome. The secondary outcomes were the assessment of pain and functional disability according to the visual analog scale (VAS) evaluated on a scale of 0 to 10, as well as Rolland-Morris score.

RESULTS

Both groups were comparable at baseline concerning the demographical and clinical characteristics ($p > 0.05$). The result of repeated measures ANOVA showed a significant change in ODI score and in pain VAS and functional disability as well as Rolland-Morris score in both groups. A significant improvement of pain and functional scores was noted in Kinesio-Taping group using the ANCOVA.

CONCLUSION

Our clinical trial offers evidence on the superiority of Kinesio-Taping in the treatment of chronic back pain.

Statement of Disclosures

None

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