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The effects of Kinesio® taping on sitting posture, functional independence

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The effects of Kinesio® taping on sitting posture, functional independence and gross motor function in children with cerebral palsy.

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Abstract

PURPOSE: The aim of this study was to investigate the **effects** of **Kinesio®** tape (KT) application on **sitting posture**, **gross motor function** and the level of **functional independence**.

METHOD: The study included 31 **cerebral** palsied **children** scored as level III, IV or V according to **gross motor functional** classification system (GMFCS). **Children** were randomly separated into two groups as study (n=15, receiving KT and physiotherapy) and control (n=15, receiving only physiotherapy). KT application was carried out for 12 weeks. **Gross motor function** measure (GMFM), **functional independence** measure for **children** (WeeFIM) and **Sitting Assessment Scale (SAS)** were used to evaluate **gross motor function**, independency in the activities of daily living and **sitting posture**, respectively.

RESULTS: Compared to initial assessments, both groups showed a significant difference in parameters of GMFCS **sitting** subscale, GMFCS total score and SAS scores ($p < 0.05$). At the end of 12 weeks, only SAS scores were significantly different in favour of the study group when the groups were compared ($p < 0.05$). Also, post-intervention WeeFIM scores of the study group were significantly higher compared to initial assessment ($p < 0.05$), however, no difference was detected in the control group ($p > 0.05$).

CONCLUSIONS: No direct **effects** of KT were observed on **gross motor function** and **functional independence**, though **sitting posture** (head, neck, foot position and arm, hand **function**) was affected positively. These results may imply that in clinical settings KT may be a beneficial assistive treatment approach when combined with physiotherapy.

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Publication Types, MeSH Terms

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