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San Marcos, Summer 2020

Research Day, San Marcos Campus

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Summer 8-19-2020

## Analysis of Physical Therapy Interventions vs. Kinesio Taping for Relieving Low Back Pain

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### Recommended Citation

Orr, A. (2020, August 19). Analysis of Physical Therapy Interventions vs. Kinesio Taping for Relieving Low Back Pain. Poster presented at the Campus Research Day Symposium, University of St Augustine for Health Sciences. <https://soar.usa.edu/casmsummer2020/10>

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# Analysis of Physical Therapy Interventions vs Kinesio Taping for Relieving Low Back Pain

Amanda Orr, SPT

## Introduction/Background

- ◆ Low back pain is prevalent for around 60-70% of industrial countries around the world.
- ◆ The prevalence peaks around the ages of 35-55.
- ◆ LBP contributed 57.6 years to disability.
- ◆ Risk factors: The risk factors are occupational posture, depressive moods, obesity, body height, and age.
- ◆ This research is novel since it allows for further analysis of kinesio taping (KT) to assess for proprioception of the lumbar musculature for muscle activation to decrease low back pain.

## Purpose

The purpose of this literature review is to compare research articles revealing the differences between utilizing physical therapy interventions with KT versus using physical therapy interventions without KT.

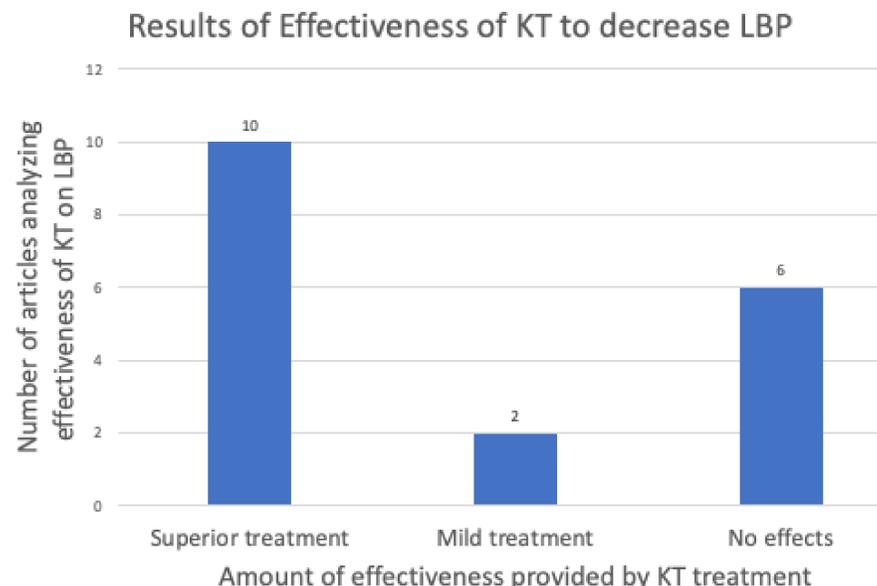
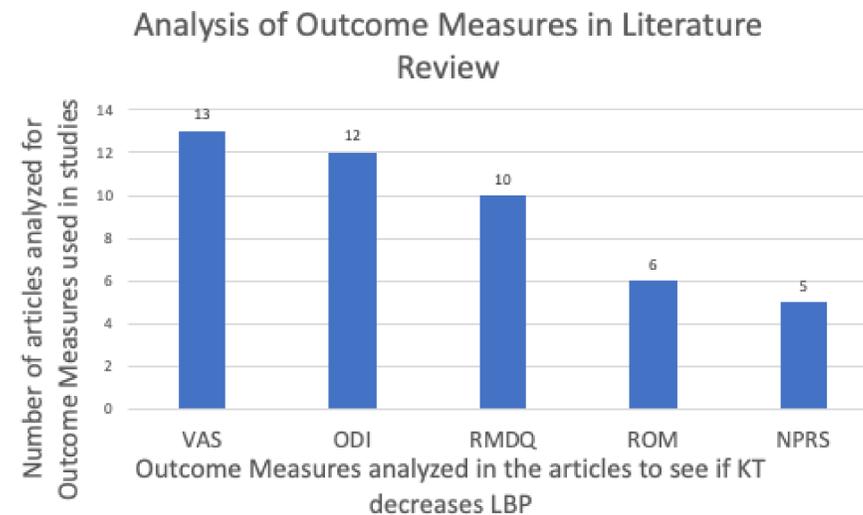
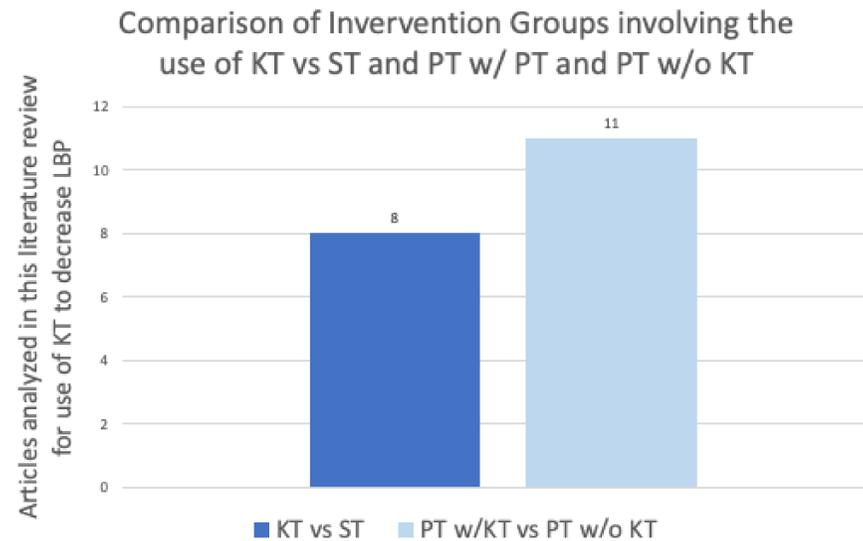
## Methods

- ◆ University of St. Augustine Library, PubMed, and Google Scholar
- ◆ Search terms: low back pain, kinesio taping
- ◆ Inclusion criteria: Participants >18 years old, no allergies to KT, and have LBP.
- ◆ Exclusion criteria: Participants younger than 18, allergies to KT, and patients that do not have LBP.
- ◆ Literature review of 18 peer-reviewed articles comparing the utilization of KT to assist with decreasing LBP.

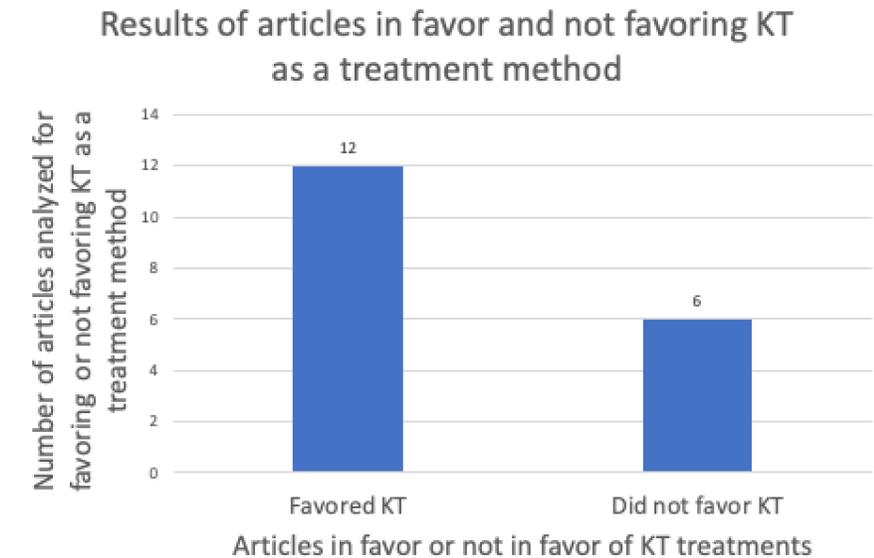


Picture from Shutterstock

## Results



## Results



## Discussion/Conclusion

- ◆ KT as a secondary intervention provides further support than relying solely on PT interventions to improve functional mobility and decrease pain for patients with CNSLBP.
- ◆ This study is important as there are many clinicians out in the field utilizing KT to assist with proprioception and support of the lumbar musculature to encourage muscle activation to support the lumbar spine.
- ◆ Limitations: only 12 articles to support in favor of KT to assist with relieving back pain and the results are low quality for many of the studies analyzed.
- ◆ Recommendations for further research are to conduct further RCTs with larger study groups

## Acknowledgement

I would like to acknowledge Dr. Bindu Balakrishnan for her contributions and support to this research project.

## References



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