Kinesiology Tape: Patient perceptions in the reduction of pain

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K Tape: Patient perceptions of pain

Aim

• Investigate patient perceptions of K tape, in the reduction of pain, following injury.

Method

• 17 point questionnaire
• 152 replies
• Social media sites
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Results

• 148 injuries - sport/exercise related
• 53.3% - lower limb injury
• 59.9% - 2 applications or less
• 74% - immediate reduction in pain (< 1 hour).
• 76.8% - reduction in pain with additional treatment
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Discussion

• Immediate reduction in pain
• Mechanisms
• Long Term Benefits

Practitioners - confident that the application of K Tape is beneficial in reducing pain