ABSTRACT
Kinesio® Tape, created by Kenzo Kase in 1996, is a thin elastic tape theorized to have several benefits, depending on the amount of stretch applied during the application process (1). These benefits promote edema reduction, allow for reduced study regarding the effects of Kinesio® Tape on shoulder joint range of motion, especially in healthy, uninjured shoulders. More specifically, the effect of Kinesio® Tape on healthy shoulders has not been investigated thoroughly in regards to range of motion and strength. The expected degree of movement for an uninjured shoulder is: flexion=180°, abduction=180°, horizontal adduction=45°, horizontal abduction=135°, extension=0° (2). Hypertension may be present up to 80° (3). Studies suggest that strength increase due to stretching can be influenced by neurofacilitation (7). There has been research conducted on the effects of Kinesio® Tape on the anterior knee and thigh, but the results were inconclusive and no relationship was found between Kinesio® Tape and increased muscle strength (1). Furthermore, there is no evidence found supporting the theory that muscle strength is affected by the application of Kinesio® Tape on the shoulder joint.

METHODS, cont.

RESULTS, cont.

CONCLUSIONS

REFERENCES


