

Kinesiology Tape: Patient perceptions in the reduction of pain

Catlow S.L. & Doggart L.

University of St. Mark and St. John, Plymouth,
Devon, UK



scatlow@marjon.ac.uk



@sarah_catlow

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

K Tape: Patient perceptions of pain

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

K Tape: Patient perceptions of pain

Discussion

- Immediate reduction in pain
- Mechanisms
- Long Term Benefits

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