The effect of Kinesio taping technique on trigger points of the piriformis muscle

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Background & Aim: Kinesio taping (KT) is a novel method which has recently emerged as a viable option to treat various musculoskeletal and neuromuscular deficits. The aim of this study was to determine the effects of KT on pain and hip joint range of motion (ROM) in individuals with myofascial trigger points in the piriformis muscle.

Methods: 51 patients with involvement of the piriformis muscle were assigned to experimental (N=33) or control (N=18) groups. The experimental group received KT with unloading techniques on the piriformis muscle and they were asked to keep this tape in place for three days. Pain and internal rotation (IR) of hip joints were measured at baseline, immediately after the KT application, and at a 72-h follow-up.

Results: The analysis of repeated measurement ANOVA yielded no main effects, but the interactions between group and time for each dependent variable (pain and ROM) were significant. A post-hoc analysis revealed significant improvement in pain and hip IR immediately post-application and at a 72-h follow up in the KT group, while no significant change were found on dependent variables in the control group.

Discussion: Our findings suggests that KT application may be effective for pain relief and increasing ROM in patients with myofascial trigger points in the piriformis muscle.

Biography

Fahimeh Hashemirad holds Physiotherapist degree from University of Social Welfare and Rehabilitation Sciences, Iran and currently, pursuing her PhD from Monash University, Australia.

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