Kinesio Taping® For Chronic Low Back Pain
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Abstract
Chronic Low Back Pain (CLBP) is among the most common complaints of both athletic and non-athletic populations. Many treatments and modalities are available to attempt to help patients find relief from CLBP including educational programs, medication, electrotherapy agents, manual therapy, and exercise. It is estimated that 70-80% of adults in the general population have experienced low back pain at some point in their lives. Kinesio Taping® is a new method, gaining worldwide recognition after the 2008 Olympics, of treatment popular in athletics, that has been proposed as a way of treating low back pain for people with low back pain. The tape is 100% cotton with an adhesive backing that is activated by heat to stick to skin up to 7 days. The tape is latex free, free of chemicals, and is designed similar to skin to be as comfortable as possible.

Clinical Question
Is Kinesio Tape® an effective treatment for Chronic Low Back Pain?

Clinical Bottom Line
Kinesio Tape® may reduce symptoms of pain in Chronic Low Back Pain (CLBP). In addition, subjects from a general population should experience an increase in postural control while also experiencing CLBP.

Strength of Recommendation
The literature collected revealed 3 studies with a CEBM level of 1-b.

Inclusion and Exclusion Criteria
Inclusion
- Studies using Kinesio Tape®
- Limited to articles published to last 10 years
- Limited to human research
- Limited to patients experiencing low back pain
- Non full text articles
- Exclusion
- High school athletes
- Other languages
- Limited to randomized control trials

Characteristics of Included Studies

| Study Design | Kinesio Tape® | Control
|--------------|--------------|---------|
| Patrícia et al (2014) | BCT | Participants were instructed to apply Kinesio Tape® semi-randomized on the right or left side of the back for 7 days. The tape was reapplied 2 times a week for 3 weeks.
| Control-type | Participants were instructed to apply a sham tape semi-randomized on the right or left side of the back for 7 days. The tape was reapplied 2 times a week for 3 weeks.
| BCT | Participants were instructed to apply Kinesio Tape® semi-randomized on the right or left side of the back for 7 days. The tape was reapplied 2 times a week for 3 weeks.
| Control-type | Participants were instructed to apply a sham tape semi-randomized on the right or left side of the back for 7 days. The tape was reapplied 2 times a week for 3 weeks.

Outcome Measures
- Outcome measures assessed by: intensity and disability at 4 weeks.
- Pain intensity and disability were measured using the Roland Morris Disability Questionnaire.

Analysis
- Analysis of variance was used to measure pain and disability.
- The control group received one strip of Kinesio Tape® applied twice a week for 3 weeks.
- The experimental group received Kinesio Tape® applied twice a week for 3 weeks.

Results
- Both groups showed a decrease in pain intensity and disability.
- No statistically significant difference between groups at any time interval.

Discussion
- This technique may reduce symptoms after 4 weeks of treatment, but showed no significance right after treatment.

Search Strategy
Kinesio Tape® has gained support for use to reduce symptoms of chronic low back pain. Specifically, a star pattern over the area of greatest discomfort. This technique was used in two studies, and the other study used two 1 strips that ran along the erector spinae muscle. This technique may reduce symptoms after 4 weeks of treatment, but showed no significance right after treatment.

Implications for Practice, Education and Future Research
Kinesio Tape® may reduce symptoms of pain in Chronic Low Back Pain (CLBP). In addition, subjects from a general population should experience an increase in postural control while also experiencing CLBP.

References
- Anders Lindstrom, Nikki German, PhD, ATC. Kinesio Taping® For Chronic Low Back Pain. North Dakota State University. Department of Health, Nutrition and Exercise Sciences, Fargo ND, USA.
- Kinesio Taping® in a star pattern over the point of maximum discomfort. This technique was used in two studies, and the other study used two 1 strips that ran along the erector spinae muscle. This technique may reduce symptoms after 4 weeks of treatment, but showed no significance right after treatment.