

Cigna Medical Coverage Policy- Therapy Services Strapping and Taping

Effective Date: 5/15/2026
Next Review Date: 5/15/2027



INSTRUCTIONS FOR USE

Cigna / ASH Medical Coverage Policies are intended to provide guidance in interpreting certain standard benefit plans administered by Cigna Companies. Please note, the terms of a customer's particular benefit plan document may differ significantly from the standard benefit plans upon which these Cigna / ASH Medical Coverage Policies are based. In the event of a conflict, a customer's benefit plan document always supersedes the information in the Cigna / ASH Medical Coverage Policy. In the absence of a controlling federal or state coverage mandate, benefits are ultimately determined by the terms of the applicable benefit plan document. Determinations in each specific instance may require consideration of:

- 1) the terms of the applicable benefit plan document in effect on the date of service*
- 2) any applicable laws/regulations*
- 3) any relevant collateral source materials including Cigna-ASH Medical Coverage Policies and*
- 4) the specific facts of the particular situation*

Where coverage for care or services does not depend on specific circumstances, reimbursement will only be provided if a requested service(s) is submitted in accordance with the relevant guidelines and criteria outlined in this policy, including covered diagnosis and/or procedure code(s) outlined in the Coding Information section of this policy. Reimbursement is not allowed for services when billed for conditions or diagnoses that are not covered under this policy. When billing, providers must use the most appropriate codes as of the effective date of the submission. Claims submitted for services that are not accompanied by covered code(s) under this policy will be denied as not covered.

Cigna / ASH Medical Coverage Policies relate exclusively to the administration of health benefit plans.

Cigna / ASH Medical Coverage Policies are not recommendations for treatment and should never be used as treatment guidelines.

Some information in these Coverage Policies may not apply to all benefit plans administered by Cigna. Certain Cigna Companies and/or lines of business only provide utilization review services to clients and do not make benefit determinations. References to standard benefit plan language and benefit determinations do not apply to those clients.

GUIDELINES

Medically Necessary

Strapping is considered medically necessary for the management of immobilization of a joint and restriction of movement with strapping tape (i.e., rigid, non-elastic or non-stretchy tape) for ANY of the following indications:

- strapping of hand or finger (CPT code 29280) for:
 - fracture of finger
 - dislocation of finger
- strapping/taping of ankle or foot (CPT code 29540) for:
 - acute sprains and strains of ankle and foot

- dislocations of ankle and foot
 - fractures of ankle and foot
 - tendinitis and synovitis of ankle and foot
 - plantar fasciitis
 - tarsal tunnel syndrome
- strapping of toes (CPT code 29550) for:
 - fracture of toes
 - dislocation of toes
 - sprains and strains of toes
 - hallux valgus
 - hammer toe

Not Medically Necessary

Strapping is considered not medically necessary for the following body parts and for any other indications:

- Shoulder (CPT code 29240)
- Chest or thorax (CPT code 29200)
- Hip (CPT code 29520)
- Elbow or wrist (CPT code 29260)
- Knee (CPT code 29530)
- Back (CPT code: 29799)

Experimental, Investigational, Unproven

Elastic therapeutic taping (i.e., Kinesio taping) or rigid therapeutic taping (i.e., McConnell) is considered experimental, investigational, and/or unproven for ANY indication including but not limited to:

- back pain
- radicular pain syndromes
- other back-related conditions
- lower extremity spasticity
- meralgia paresthetica
- post-operative subacromial decompression
- wrist injury
- performance enhancement
- prevention of ankle sprains

Coding Information

Notes:

1. This list of codes may not be all-inclusive since the American Medical Association (AMA) and Centers for Medicare & Medicaid Services (CMS) code updates may occur more frequently than policy updates.
2. Deleted codes and codes which are not effective at the time the service is rendered may not be eligible for reimbursement.

Considered Medically Necessary when criteria in the applicable policy statements listed above are met:

CPT®* Codes	Description
29280	Strapping; hand or finger
29540	Strapping; ankle and/or foot
29550	Strapping; toes

Considered Not Medically Necessary:

CPT®* Codes	Description
29200	Strapping; thorax
29240	Strapping; shoulder (eg, Velpeau)
29260	Strapping; elbow or wrist
29520	Strapping; hip
29530	Strapping; knee
29799†	Unlisted procedure, casting or strapping

†**Note:** Considered Not Medically necessary when used to report strapping of the back.

Considered Experimental, Investigational, Unproven when used to report any other treatment listed as Experimental, Investigational, Unproven in the policy statement that does not have an assigned code:

CPT®* Codes	Description
97039	Unlisted modality (specify type and time if constant attendance)
97799	Unlisted physical medicine/rehabilitation service or procedure

***Current Procedural Terminology (CPT®) ©2025 American Medical Association: Chicago, IL.**

GENERAL BACKGROUND

Strapping

Strapping is used when the desired effect is to provide immobilization or restriction of movement. Strapping refers to the application of overlapping strips of tape or adhesive plaster to a body part to exert pressure on it and serve as a splint to hold a structure in place and reduce motion. There are many types of tape used for strapping purpose, but in general the tape used for strapping is a rigid, non-elastic or non-stretchy tape. In general, strapping may be used to treat strains, sprains, dislocations, and some fractures. The purpose of strapping is to stabilize or protect a fracture, injury, or dislocation and/or to afford comfort to a patient without a restorative treatment or procedure. Strapping limits ROM and/or restricts muscle movement. Strapping is used for acute injuries or as a result of disease or surgery. The goals and outcomes are stabilization of the injured area, reduced pain, aid recovery, and to provide support so the area heals in the correct position. Strapping services are usually provided outside a therapy plan of care. At times, the term taping is used interchangeably with strapping. However taping that is not used to provide immobilization or restriction of movement or is used as part of a therapy program is not considered strapping. If the purpose of the taping is to immobilize a joint, then the strapping codes are appropriate as these codes describe the use of a strap or other reinforced material applied post-fracture (or other injury) to immobilize the joint. Strapping materials are rigid and non-elastic. They are usually highly adhesive. Often pre-wrap is required prior to application. Premade splints are not strapping materials.

Strapping is not synonymous with therapeutic taping when considering methods such as McConnell taping or elastic therapeutic taping (e.g., Kinesio tape, Spidertech tape). These types of taping are used in conjunction with provision of skilled therapeutic exercises, functional training, gait training, manual therapy, or neuromuscular re-education (NMR) techniques and would be considered part of the exercise or NMR or other procedure. Indications include orthopedic and neurologic conditions. Proposed benefits include but are not limited to improved feedback and timing of muscle activation, reduced pain, reduced swelling and improved circulation.

Strapping can be performed as an initial treatment or as a replacement service during or after follow-up care. Strapping may also refer to taping for prevention of injury or re-injury to support a joint with ligamentous instability. An adhesive zinc oxide based tape is used that is stiff in nature and not elastic. As an example, the proposed mechanism of strapping/taping of the ankle joint is to limit physiological range of motion (ROM) and control talar tilt. It is also suggested that adhesive strapping/taping can act as a secondary ligament based on tape alignment and application in a way that prevents extremes of motion. This is also similar to low dye taping for plantar fasciitis. Low dye taping assists the soft tissues in support of the longitudinal arch of the foot to reduce

stress on the plantar fascia. The combination of the body tissues and strapping/taping improves the capacity to dissipate the energy associated with potentially traumatic forces. It is also believed that the strapping/taping stimulates the skin receptors which facilitates muscle contraction.

Elastic Therapeutic Taping (e.g., Kinesio™ tape, SpiderTech™ tape)

Elastic therapeutic tape differs from traditional white athletic tape in the sense that it is elastic and can be stretched to 140% of its original length before being applied to the skin. It is theorized that it provides a constant pulling (shear) force to the skin over which it is applied unlike traditional white athletic tape. The fabric of this specialized tape is air permeable and water resistant and can be worn for repetitive days (Halseth, et al., 2004). This specialized taping, also referred to as kinesio taping (KT), is not used for acute injury or to immobilize a body part.

The tape is available in various lengths or pre-cut. There are several types of elastic therapeutic tape available including:

- Kinesio™ tape (Kinesio Taping, LLC. Albuquerque, NM)
- SpiderTech™ tape (SpiderTech Inc., Toronto, Ontario)
- KT TAPE/KT TAPE PRO™ (LUMOS INC., Lindon, UT)

Use of elastic therapeutic taping purportedly acts to prolong the benefits of manual therapy administered in the clinical setting. A second technique is used to lift the skin over an area of inflammation, thereby increasing the interstitial space, promoting circulation and lymphatic drainage in an effort to reduce swelling, pressure and pain. It is generally related to the following diagnoses:

- Bruising
- Edema and swelling
- Repetitive strains/sprains
- Pain due to arthritis
- Trauma or chronic pain syndrome
- Rotator cuff injuries
- Plantar fasciitis
- Weakness resulting in postural and biomechanical imbalances
- Restricted range of motion and joints not tracking properly

The hypothesized benefits of treatment include:

- Improved feedback and timing of muscle activation in controlling joint stability during functional exercises
- Stimulation of optimal muscle activation and strength
- Lessened irritation of subcutaneous neural pain receptors
- Reduced swelling, improved circulation
- Enhanced functional stability and mobility
- Support of weakened and strained muscles

Elastic tape is applied in a specific manner relying on the origin and insertion of the muscle. Per course education, it can be applied in different directions, and with differing amounts of stretch; which (hypothetically) determines its ability to re-educate the neuromuscular system, reduce inflammation and pain, promote circulation and healing, prevent injury and enhance performance. The wear time is 3-4 days according to KT course education.

Dr. Kenso Kase, a chiropractor, developed Kinesio taping (KT) techniques in the 1970s. It is claimed that elastic therapeutic tape supports injured muscles and joints and helps relieve pain by lifting the skin and allowing improved blood and lymph flow. Opening up this area is also thought to relieve pressure on nerve endings that send pain messages to the brain. Additionally, the tape is thought to stretch the fascial tissue for extended periods of time which is claimed to be beneficial; this is thought to also reduce muscle spasms. Elastic therapeutic tape users also propose that with muscle application, which is common in athletic settings, application of tape for a line of pull from origin to insertion will enhance or facilitate muscle activity, and taping from insertion to origin will inhibit or relax muscle based on Golgi tendon organ (GTO) actions. From a proprioceptive standpoint, it is theorized that placing it over a tendon or ligament will amplify signals to the brain regarding the amount of tension over that particular area. In this way, it stimulates the GTO and helps the brain perceive and react to the support. Other stated proposed uses of the tape are for functional corrections. The tape would be applied to muscles and joints

that are flexed and the tape is then used to 'preload' or assist the joint through its range of motion (ROM). Proponents postulate that in this shortened position more information is passed through the neural network and muscle contractions are supported or assisted. At this time these are all theoretical in nature.

Rigid Therapeutic Taping (i.e. McConnell Taping)

Rigid taping methods to illicit positional changes include McConnell taping, which uses Leukotape applied over Cover-roll tape to change joint mechanics through positional changes of boney and/or soft tissue structures as part of a comprehensive rehabilitation program. Jenny McConnell has pioneered its use. McConnell taping began with the patellofemoral joint and is now being utilized for other joints in the body, such as the hip and shoulder joints. For the patellofemoral joint, the physical correction of malalignment is just one reason why patella taping is thought to be effective for Patellofemoral Pain Syndrome (PFPS). As the patella is more correctly positioned within the trochlear groove, tracking during flexion and extension of the knee is normalized. Theoretically, with this repositioning, the vastus medialis oblique (VMO) function may also be enhanced. Similar principles exist for the other joints with regard to correcting position of the head of the humerus and scapula. Taping for the hip joint, with its surrounding soft tissue thickness, primarily focuses on muscle length changes. This form of taping is not used for immobilization of joints (e.g., wrist, hand, elbow, ankle, and knee due to severe sprain/strain or in some cases, fracture) and does not use overlapping straps.

The following uses of therapeutic taping are professionally recognized and safe; however, additional studies are needed before the clinical effectiveness can be established:

- Rigid therapeutic taping for pain reduction in patellofemoral pain syndrome;
- Rigid therapeutic taping of the shoulder in patients with hemiplegia

DOCUMENTATION GUIDELINES

"Medically necessary" or "medical necessity" shall mean health care services that a healthcare practitioner/provider, exercising prudent clinical judgment, would provide to a patient for the purpose of evaluating, diagnosing, or treating an illness, injury, disease or its symptoms, and that are (a) in accordance with generally accepted standards of medical practice; (b) clinically appropriate in terms of type, frequency, extent, site, and duration; and considered effective for the patient's illness, injury, or disease; and (c) not primarily for the convenience of the patient or healthcare provider, and not more costly than an alternative service or sequence of services at least as likely to produce equivalent therapeutic or diagnostic results as to the diagnosis or treatment of that patient's illness, injury, or disease. The patient's medical records should document the practitioner's clinical rationale for performing the specific strapping or taping procedures, as well as, the patient's response.

Any time taping is done; the health care record must clearly document the specific reasons for, and location of, the taping. If the service that includes the taping is billed to a payor, the taping must be consistent with the documented chief complaint / clinical examination findings, diagnosis and treatment plan. The assessment will support the medical necessity and is often established through the history and objective evaluation. After medical necessity is established, a treatment plan with goals and objective measures, including time frames, is documented.

According to the AMA CPT Assistant, if Kinesio taping is performed to facilitate movement by providing support, and the tape is applied specifically to enable less painful use of the joint and greater function, (restricting in some movement, facilitating in others), application of the tape in this manner is typically part of neuromuscular re-education (97112) or therapeutic exercises (97110), depending on the intent and the outcome desired. In these cases, the application of the tape would be included in the time spent in direct contact with the patient and would not be appropriately billed using strapping codes.

LITERATURE REVIEW

Strapping of the Hand, Finger or Toes

Injuries of the fingers or the toes, such as certain fractures, sprains, strains or dislocations are common injuries in the United States (U.S.). Treatment frequently includes protected mobilization and treatment of presenting symptoms such as pain and swelling. Both immobilization and protected mobilization support soft tissue healing while protecting against further injury. With protected mobilization some movement is allowed so that stiffness can be prevented and range of motion maintained to some degree. Strapping, in the form of buddy, neighbor, or

functional taping, is one method of providing protected mobilization (Basset, et al. 2016; Joshi, et al., 2016; Boutis, 2016). With this method, the healthy digit acts as a splint, keeping the injured one in a natural position for healing. It is a known method for treating sprains, dislocations, and other injuries of fingers or toes and is considered a standard of care (Won, et al., 2014). Buddy taping is a standard intervention for the treatment of both non-displaced fractures and displaced fractures following reduction (Hatch, 2003; Jones, 2012; Nellans, 2013). Buddy taping of the fractured toe to an adjacent stable toe usually provides satisfactory alignment and relief of symptoms (Wells, et al., 2016)

Multiple studies support that the use of strapping for achieving results similar or better than splinting or other forms of immobilization (Braakman, 1998; Chalmer, 2013; Park, 2015; Paschos, 2014; Poolman, 2005; van Aaken, 2007). Conservative or non-surgical treatment generally involves fracture reduction, where the bone fragments are put back into place, followed by immobilization by various means (e.g., plaster cast, splint, brace or strapping of adjacent fingers). Although the published evidence is not strong, a Cochrane review compared functional treatment with immobilization, and to compare different periods and types of immobilization including functional taping, for the treatment of closed fifth metacarpal neck fractures in adults did note that no single non-operative treatment regimen for this fracture can be recommended as superior to another. The review did note that recovery was generally excellent whichever method of treatment was used (Poolman, et al., 2009). Based on textbooks and published evidence strapping of fingers and toes for fractures, dislocations, sprains and strains is considered medically necessary and standard of care.

In addition to injuries, strapping is commonly used as an alternative or adjunctive postoperative treatment to surgery for deformities. For example, strapping may be used to facilitate realignment in minor nonsurgical cases of hammertoe or hallux valgus, or to maintain correct position during postoperative healing. American College of Foot and Ankle Surgeons (ACFAS) published a clinical consensus statement for digital deformities (hammer toe). Initial treatment options include padding, debridement of hyperkeratoci lesions, corticosteroid injections, taping and footwear changes (Clinical Practice Guideline Forefoot Disorders Panel, et al., 2009d). Hallux valgus is the lateral deviation of the great toe towards the midline of the foot. It is usually accompanied by a bunion, which is the inflammation and thickening of the first metatarsal joint of the great toe. The terms bunion and hallux valgus are often used interchangeably. The medial eminence, or bunion, is often the most visible component of a hallux valgus deformity. Nonsurgical care is considered the first option for a patient with this deformity and is typically attempted prior to considering surgical intervention. Initial treatment is often self-directed and may include: wider, lower-heeled shoes, bunion pads, ice, over-the-counter analgesics, and non-steroidal anti-inflammatory medications (NSAIDs). Metatarsal pads, foot orthoses or taping of the hallux may be utilized. Local anesthetic and steroid injection into the first metatarsophalangeal (MTP) joint may provide short-term pain relief, but is not considered to be curative (Frontera, et al., 2014; Hecht, et al., 2014; Canale, et al., 2013).

Hammer toe is the term often used to denote any toe with a dorsal contracture. While hammer toe is the most common of the lesser toe deformities (i.e., toes 2–5), it is one of several conditions that are included in this group. A hammer toe deformity, which is a flexion contracture of the proximal interphalangeal joint, may also include an extensor contracture of the metatarsophalangeal joint. The deformity may be either fixed and rigid or flexible in which case it is passively correctable to the neutral position. This is the most common of the lesser toe deformities. A hallux valgus deformity can be a factor in development of hammer toe by placing pressure on the second toe. A claw toe is an extension contracture of the metatarsophalangeal joint and flexion contracture of the proximal interphalangeal joint, with additional flexion contraction of the distal interphalangeal joint. This condition is frequently caused by neuromuscular diseases and is often present in all toes. A mallet toe is a single flexion contraction at the distal interphalangeal joint, with pressure being placed on the tip of the toe. This deformity occurs less frequently than a hammer toe deformity. A fixed hammer toe deformity of the fifth toe can include a cock-up deformity, which includes dorsiflexion of the metatarsophalangeal joint and flexion of the interphalangeal and distal interphalangeal joint. Initial treatment is conservative in nature, often self-directed and may include: wider, lower-heeled shoes; bunion pads; ice; over-the-counter analgesics and nonsteroidal anti-inflammatory medications (NSAIDs). Conservative treatment may also include debridement, padding, anti-inflammatory injections, steroid injections, and foot orthoses (Frontera, et al., 2014; Canale, et al., 2013).

American College of Foot and Ankle Surgeons (ACFAS) published a clinical consensus statement for digital deformities (hammer toe). Initial treatment options include padding, debridement of hyperkeratoci lesions, corticosteroid injections, taping and footwear changes (Clinical Practice Guideline Forefoot Disorders Panel, et al., 2009d). Based on medical textbooks strapping of toes may be used for fractures, dislocation, sprains, strains, hallux valgus, and hammer toe deformities.

Strapping/Taping of the Foot or Ankle

Strapping of ankle and/or foot may be used in treatment of acute severe strains and sprains of the ankle. Sprains range in severity from mild stretching of ligamentous fibers (first degree) to a tear of some portion of the ligament (second degree) to complete ligamentous separation (third degree), sometimes with avulsion of small bony fragments. Sprain usually occurs when excessive inversion or eversion stress is applied to the ankle while it is in the relatively unstable plantar-flexed position. Rest, ice, compression and elevation (RICE) therapy is often recommended for the first 24 to 48 hours following injury. Additional treatment options range from complete immobilization with casting to no supportive devices. Functional treatment or partial immobilization with strapping allows for some movement to maintain range of motion while providing some support. Taping/strapping of the ankle may be used in treatment of ankle sprains. The purpose of taping the ankle is to prevent further stretching of the injured ligaments until healing has occurred (Chiodo, et al., 2009; Canale, et al., 2013). During functional rehabilitation, it may be of benefit to use splints, braces, elastic bandages, or taping to try to reduce instability, protect the ankle from further injury, and to limit swelling (Maughan, 2015). The 2013 American Physical Therapy Association (APTA) Clinical Practice Guidelines on Ankle Ligament Sprains recommends individuals use some type of external support, including strapping/taping, in the acute phase along with progressive weight-bearing. In the 2021 APTA Clinical Practice Guideline on Lateral Ankle Ligament Sprains, taping or bracing is recommended for acute and subacute phases of care to provide external support, in addition to progressive weight bearing. The type of support should be based upon the severity of the injury. There is some debate regarding the best treatment for ankle injuries, however strapping/taping remains a standard of care as a functional treatment option. Functional treatment allows individuals to ambulate and quickly regain function and restore flexibility and strength as compared to complete immobilization with casting (Ardèvol, 2002; Kannus, 1991; Seah, 2010; Sommer, 1989).

Seah and Mani-Babu (2011) presented a systematic review of the management of ankle sprains. Findings suggest that for mild to moderate ankle sprains, treatment options such as elastic bandaging, soft casting, or taping or orthoses with coordination training were found to be statistically significantly better than immobilization for many outcome measures. For severe ankle sprains, a short period of immobilization with a pneumatic brace resulted in quicker recovery than with a compression bandage alone. Lace up braces were found to be more effective than elastic bandaging and help to reduce swelling in the short term better than when using a semi-rigid support, elastic bandaging, and tape. Lardenoye et al. (2012) studied the effect of taping vs. semi-rigid bracing (such as an Aircast) on outcomes and satisfaction in patients with ankle sprains. One hundred (100) patients identified via the emergency room with grade II and III ankle sprains were randomized into two (2) groups. Prior to randomization, patients received standard ER care of rest, ice, compression and elevation. After five to seven (5-7) days from the ER visit, for four (4) weeks one group received ankle taping for support (standard overlapping strips, basket weave) and the other group received a semi-rigid ankle brace. Both groups also received standardized physical and proprioceptive training. Patients reported significantly greater comfort and satisfaction with the semi-rigid brace over taping. Functional outcomes and pain were similar between groups. Kaminski et al. in coordination with the National Athletic Trainers' Association (2013) created a position statement on the conservative management of prevention of ankle sprains in athletes. The purpose of the position statement was to present recommendations for athletic trainers and other allied health care professionals to manage and/or prevent ankle sprains. Considerations for appropriate preventive measures (including taping and bracing), initial assessment, long and short term management strategies, return to play guidelines, recommendations for syndesmotic ankle sprains and chronic ankle instability. Recommendations included that athletes with a history of previous ankle sprains should wear prophylactic ankle supports in the form of ankle taping or bracing for all practices and games. Both lace-up and semi-rigid ankle braces and traditional ankle taping are effective in reducing the rate of recurrent ankle sprains in athletes (Grade B evidence). Clinical practice guidelines from the American Physical Therapy Association (APTA) for ankle ligament sprain includes taping/strapping as a method of providing external support (Martin, et al., 2013). (Level II: Evidence obtained from lesser-quality diagnostic studies, prospective studies, or randomized controlled trials (e.g., weaker diagnostic criteria and reference standards, improper randomization, no blinding, less than 80% follow-up). Based on clinical practice guidelines and medical textbooks, strapping of the foot and ankle is considered a standard of care and medically necessary for acute severe strains and sprains of the ankle, fracture of foot and ankle, and dislocations of ankle and foot.

Due to the ability of strapping to temporarily support and restrict movement, it may be used for other types of foot or ankle injuries such as plantar fasciitis or tendinitis, or post-operatively. Plantar fasciitis describes the local inflammation and subsequent pain occurring at the insertion at the heel or along the course of the fascial band as it connects the heel to the toe (Ferri, 2015). Plantar fasciitis is a common cause of heel pain in adults. Symptoms usually start gradually with mild pain at the heel, pain after exercise and pain with standing first thing in the

morning. Conservative treatment may provide relief from the pain. Conservative treatment may include tape support of the affected plantar surface, a technique referred to as low-Dye taping (Buchbinder, 2016; Goff, et al., 2011). Four strips of tape are applied in a specific fashion to provide support. Podolsky et al. (2015) reported on a systematic review regarding the efficacy of different taping techniques in relieving symptoms and dysfunction caused by plantar fasciitis. Five randomized control trials, one cross-over study and two single group repeated measures studies met the inclusion criteria. Two studies were high quality; two were moderate quality and four were of poor methodological quality. All eight studies favored the use of different taping techniques, with the most common technique being low dye taping. The author noted that all studies investigated the short-term effect of taping, with the longest follow-up of only one week. The study noted that additional studies are essential in order to investigate the long-term effect of taping. Low-dye taping and calcaneal taping were found to have the best evidence in this review. The results suggest that taping is a beneficial technique for plantar fasciitis in short-term treatment.

Van de Water et al. (2010) reported on a systematic review that assessed efficacy of a taping construction as an intervention or as part of an intervention in patients with plantar fasciosis (plantar fasciitis) on pain and disability. The review included five controlled trials with three trials found to have high methodological quality and had clinical relevance. The findings indicated strong evidence of pain improvement at one-week follow-up, inconclusive results for change in level of disability in the short term, and that the addition of taping on stretching exercises has a surplus value. Landorf et al. (2008) reported on a systematic review of treatments of plantar fasciitis. The review found based on two randomized controlled studies that for pain relief compared with no taping/no treatment Low-dye taping is more effective than no taping at one week at reducing first step pain, and calcaneal taping is more effective than sham taping at improving pain at one week (moderate-quality evidence*) and categorized as likely to be beneficial. *Moderate-quality evidence: Further research is likely to have an important impact on our confidence in the estimate of effect and may change the estimate. Radford et al. (2006) conducted a randomized controlled trial to assess effectiveness of low-Dye taping for plantar heel pain. The trial included 92 participants who were randomized to low-dye taping and sham ultrasound or sham ultrasound alone with duration of one week. Outcome measures included 'first-step' pain that was measured on a 100 mm Visual Analogue Scale and Foot Health Status Questionnaire domains of foot pain, foot function and general foot health. The results indicated that participants treated with low-Dye taping reported a small improvement in 'first-step' pain after one week of treatment compared to those who did not receive taping. The estimate of effect on 'first-step' pain favored the low-Dye tape (ANCOVA adjusted mean difference - 12.3 mm; 95% CI -22.4 to -2.2; P=0.017). There were no other statistically significant differences between groups. Limitations of the study include that it was short-term, and that it included one type of taping for heel pain. Clinical practice guidelines from the American Physical Therapy Association (APTA) for heel pain and plantar fasciitis include strapping as a treatment for this condition. The guidelines include the a recommendation that clinicians should use antipronation taping for immediate (up to three weeks) pain reduction and improved function for individuals with heel pain/plantar fasciitis (Martin, et al., 2014). American College of Foot and Ankle Surgeons (ACFAS) published a clinical consensus statement for diagnosis and treatment of heel pain (Thomas, et al., 2010). These guidelines include taping/strapping as an initial treatment of plantar heel pain, including plantar fasciitis. In addition, they note that if improvement is noted, the initial therapy program is continued until symptoms are resolved.

Morrissey et al. (2021) developed a best practice guide for managing people with plantar heel pain (PHP). Randomised controlled trials (RCTs) evaluating any intervention for people with PHP in any language were included subject to strict quality criteria. Trials with a sample size greater than n=38 were considered for proof of efficacy. International experts were interviewed using a semi-structured approach and people with PHP were surveyed online. Fifty-one eligible trials enrolled 4351 participants, with 9 RCTs suitable to determine proof of efficacy for 10 interventions. Forty people with PHP completed the online survey and 14 experts were interviewed resulting in 7 themes and 38 subthemes. There was good agreement between the systematic review findings and interview data about taping and plantar fascia stretching for first step pain in the short term. Clinical reasoning advocated combining these interventions with education and footwear advice as the core self-management approach. There was good expert agreement with systematic review findings recommending stepped care management with focused shockwave for first step pain in the short-term, medium-term and long-term and radial shockwave for first step pain in the short term and long term. We found good agreement to 'step care' using custom foot orthoses for general pain in the short term and medium term. Authors concluded that best practice from a mixed-methods study synthesising systematic review with expert opinion and patient feedback suggests core treatment for people with PHP should include taping, stretching and individualised education. Patients who do not optimally improve may be offered shockwave therapy, followed by custom orthoses.

Other musculoskeletal conditions of the foot and ankle may be treated with conservative treatment that includes strapping and taping to immobilize the area and treat the pain. These include tendinitis, also referred to as tendinopathy, and synovitis (Biundo, 2012; Chiodo, et al., 2009; Simpson, et al., 2009). Hyland et al. (2006) conducted a prospective, randomized study to examine the effects of a calcaneal and Achilles-tendon-taping technique, utilizing only 4 pieces of tape and not involving the medial arch, on the symptoms of plantar heel pain. The study included 41 patients who were appointed to one of four groups: stretching of the plantar fascia; calcaneal taping; control (no treatment); and sham taping. A visual analog scale (VAS) for pain and a patient-specific functional scale (PSFS) for functional activities were measured pretreatment and after 1 week of treatment. Results indicated a significant difference in post-treatment among the groups for the VAS ($P < .001$). Specifically, significant differences were found between stretching and calcaneal taping (mean $\pm$ SD, 4.6 ± 0.7 versus 2.7 ± 1.8 ; $P = .006$), stretching and control (mean $\pm$ SD, 4.6 ± 0.7 versus 6.2 ± 1.0 ; $P = .026$), calcaneal taping and control (mean $\pm$ SD, 2.7 ± 1.8 versus 6.2 ± 1.0 ; $P < .001$), and calcaneal taping and sham taping (mean $\pm$ SD, 2.7 ± 1.8 versus 6.0 ± 0.9 ; $P < .001$). No significant difference among groups was found for post-treatment PSFS ($P = .078$). Calcaneal taping was demonstrated to be a more effective tool for the relief of plantar heel pain than stretching, sham taping, or no treatment. Limitations of the study included the small sample size and the short duration. Clinical practice guidelines from the American Physical Therapy Association (APTA) for Achilles tendinopathy include the recommendation that taping may be used in an attempt to decrease strain on the Achilles tendon in patients with Achilles tendinopathy (Recommendation based on expert opinion.) (Carcia, et al., 2010).

Tarsal tunnel syndrome refers to tibial nerve compression in the region of the ankles as the nerve passes under the transverse tarsal ligament (Rutkove, 2016; Campbell, et al., 2008; Scherer, 2004). Beneath this there is a tunnel containing the tendons of the flexor digitorum longus and flexor hallucis longus muscles, the vascular bundle, the posterior tibial nerve, and the medial and lateral plantar nerves. A frequent cause of tarsal tunnel syndrome is a fracture or dislocation involving the talus, calcaneus, or medial malleolus. In these cases, scar tissue, bone or cartilage fragments, or bony spurs may be found compressing the nerve. Patients with tarsal tunnel syndrome typically present with aching, burning, numbness, and tingling involving the sole of the foot, the distal foot, the toes, and occasionally the heel. Treatment may include a trial of conservative therapy, including nonsteroidal anti-inflammatory drugs (NSAIDs), shoe modification, taping and orthotics. If the patient does not respond, corticosteroid injection may be used. When patient does not respond to conservative treatment, surgery, decompression of tibial nerve, may be necessary.

Zhang et al. (2026) evaluated the clinical efficacy of low-dye taping in the treatment of plantar fasciitis (PF) through a meta-analysis. Eleven trials were included, all being randomized controlled trials. The results showed that, compared with the control group, the effect of low-dye ligation on the management of pain after PF surgery was statistically significantly better than that of the control group. Compared with placebo, low-dye can effectively improve pain and quality of life in patients with PF but has no advantages over other treatments. Low-dye is beneficial as an adjunctive therapy for PF, but the number of articles included in this systematic review is limited, and of variable quality, very high-quality, large-sample, multicenter randomized clinical trials are needed to confirm this.

Based on clinical practice guidelines and medical textbooks strapping of the foot and ankle is considered a standard of care and medically necessary for acute severe strains and sprains of the ankle, fracture of foot and ankle, dislocations of ankle and foot, tendinitis and synovitis of ankle and foot, plantar fasciitis, tarsal tunnel syndrome.

Strapping of the Thorax

There is no evidence supporting the use of chest or thorax strapping for any conditions, including back or neck pain. Chest wall strapping results in breathing in lower lung volumes and mimics the effects of restrictive lung diseases. While chest strapping can limit pain associated with fractured ribs, the risk of adverse pulmonary outcomes and alternative treatments for pain recommend against chest immobilization (Lazcano, 1989; Quick, 1990). There does not appear to be a role for the use of taping/strapping of the chest or thorax, including fractured ribs. Once significant associated injuries have been evaluated and treated, the cornerstone of rib fracture management is pain control. Early and adequate pain relief is essential to avoid complications from splinting and atelectasis, primarily pneumonia. For isolated injuries (i.e., single rib fracture), clinicians generally begin treatment with nonsteroidal anti-inflammatory drugs (NSAIDs) with or without opioids. For more severe injuries, particularly if ventilation is compromised, admission and invasive treatments, such as intercostal nerve blocks, may be needed (Karlson, 2015). An ideal method of managing pain in patients with multiple fractured ribs is one that is safe and

simple, provides complete and prolonged analgesia, permits deep breathing and clearance of secretions, and allows cooperation during chest physiotherapy (Karmaker, et al., 2003).

There is insufficient evidence in the published medical literature that demonstrates the efficacy of strapping of chest or thorax for any indication, including but not limited to back pain, neck pain or fractured ribs.

Strapping for Other Conditions

There is no clinical evidence in the form of published medical literature or clinical practice guidelines which support the use of strapping the elbow, wrist, shoulder, hip or knee. In addition, there is no indication that strapping is a standard of care for any conditions in these areas.

Strapping of Shoulder

Acute anterior shoulder dislocation is an injury in which the top end of the upper arm bone is pushed out of the joint socket in a forward direction. Afterwards, the shoulder is less stable and is prone to re-dislocation or subluxation (Hanchard, et al., 2015). Initial treatment involves closed reduction or placing the joint back in place. Treatment is often conservative and generally involves placement of the injured arm in a sling or in another immobilizing device followed by specific exercises. Most fractures of the clavicle are treated closed. Treatment includes immobilization with either a sling, figure of eight bandage, or commercially available immobilizer for several weeks (Canale, et al., 2013; Hatch, 2015; Sherman, 2015). Strapping/taping does not appear to have a role in shoulder or clavicle fractures. There is insufficient evidence in the published medical literature that demonstrates the efficacy of strapping of the shoulder for any indication.

Strapping of Elbow or Wrist

Elbow dislocations are treated with reduction of the dislocation, and then may be followed by immobilization with cast and/or sling. Severe cases may require surgery (Hackl, et al., 2015; Murphy, et al., 2016). The use of strapping or taping does not have a role in the treatment of elbow dislocations.

There is insufficient evidence in the published medical literature that demonstrates the efficacy of strapping of elbow or wrist for any indication.

Strapping of Hip

Treatment of hip fracture in children includes reduction (either open or closed), stable internal fixation and spica casting (Wells, et al., 2016). Congenital dysplasia of the hip generally includes subluxation or partial dislocation of the femoral head, acetabular dysplasia, and complete dislocation of the femoral head from the true acetabulum. Congenital dysplasia of the hip or DDH is age related and tailored to the specific pathological condition and may include stabilizing the hip, open or closed reduction and use of bracing or casting (Canale, et al., 2013; Clarke, et al., 2012; Schwend, et al., 2014). Strapping of the hip does not appear to have a role or to be a standard of care for conditions of the hip. There is insufficient evidence in the published medical literature that demonstrates the efficacy of strapping of the hip for any indication.

Strapping of Knee

Most uses of tape are as part of a therapy program and not for immobilization purposes. There is insufficient evidence in the published medical literature that demonstrates the efficacy of strapping of the knee for any indication.

Strapping of Back

There is insufficient evidence in the published medical literature that demonstrates the efficacy of strapping of the back for any indication.

Elastic Therapeutic Taping

Rehabilitation of Orthopedic Conditions

Knee Conditions

Freedman et al. (2014) researched whether patellar KT would improve short term pain and single-leg hop measures in patients with patellofemoral pain syndrome (PFPS) when compared to sham KT. 49 subjects (mostly female) between the ages of 12 and 24 received both experimental and sham taping while completing 4 functional tasks and the single leg hop test. Separate paired t-tests found improvement in pain with the step up, step down

and single leg hop test between taping conditions. A main effect for taping condition was determined through a 2 factor ANOVA. There was also an interaction between taping condition and side. Subjects demonstrated significantly greater hop distances for the experimental KT application vs. the sham application for the side with PFPS. Authors concluded that patellar KT provided an immediate and significant improvement in pain levels and single leg hop distance in patients with PFPS. Gaitonde et al. (2019) authored a summary on patellofemoral pain syndrome. In their review of the literature, they noted that treatment of PFPS includes rest, a short course of nonsteroidal anti-inflammatory drugs, and physical therapy directed at strengthening the hip flexor, trunk, and knee muscle groups. Regarding elastic taping, authors concluded that patellar kinesiotaping may provide additional short-term pain relief; however, evidence is insufficient to support its routine use.

Lee et al. (2016) examined the effects of kinesiology taping therapy on degenerative knee arthritis patients' pain, function, and joint range of motion. The review included 30 patients with degenerative knee arthritis who were divided into two groups: conservative treatment group (CTG, n=15) and the kinesiology taping group (KTG, n=15) and received treatment three times per week for four weeks. In intragroup comparisons of the kinesiology taping group and the CTG, the visual analog scale and Korean Western Ontario and McMaster Universities Osteoarthritis Index scores significantly decreased, and the range of motion increased more than significantly. In intergroup comparisons, the kinesiology taping group showed significantly lower visual analog scale and Korean Western Ontario and McMaster Universities Osteoarthritis Index scores and significantly larger ranges of motion than the conservative treatment group. The study is limited by the small number of participants and short study period. The authors concluded that kinesiology taping therapy may be considered an effective nonsurgical intervention method for pain relief, daily living activities, and range of motion of degenerative knee arthritis patients. Further studies that contain larger number of participants and review for a longer period of time are needed to validate these results. The American Academy of Orthopaedic Surgeons (AAOS) published clinical practice guidelines for the treatment of osteoarthritis of the knee (AAOS, 2013). The guidelines do not include taping for treatment of this condition. Li et al. (2018) investigated outcomes including self-reported pain, knee flexibility, knee-related health status, adverse events, muscle strength, and proprioceptive sensibility. Eleven randomized controlled trials (RCTs) with 168 participants with knee OA provided data for the meta-analysis. The overall quality of evidence was from moderate to very low. Authors concluded that there was weak evidence to suggest that elastic taping was effective in the treatment of knee OA due to lack power and poor design.

Ye et al. (2020) assessed the effects of elastic taping on pain, physical function, range of motion, and muscle strength in patients with knee osteoarthritis. Eleven randomized controlled trials involving 490 patients with knee osteoarthritis were included. A statistically significant difference was detected in physical function, range of motion, and quadriceps muscle strength. No significant differences were found for the hamstring muscle strength. Authors concluded that elastic taping has significant effects on pain, physical function, range of motion, and quadriceps muscle strength in patients with knee osteoarthritis. However, the current evidence is insufficient to draw conclusions on the effects of elastic taping combined with other physiotherapy for knee osteoarthritis. Further studies are needed to investigate the long-term effects of elastic taping combined with other physiotherapy compared with elastic taping alone for knee osteoarthritis. Pinheiro et al. (2020) analyzed the current evidence about the effects of kinesiology taping (KT) with different amounts of tension in people with knee osteoarthritis (OA). They included clinical trials that compared the application of KT with and without tension in people with knee OA. Of the 850 studies identified, eight met the inclusion criteria and were ultimately included in this review. Most studies had moderate quality, with a satisfactory PEDro score. Results showed that KT application with tension was not superior to the application without tension for the outcomes of pain, physical function, range of motion and muscle strength. Evidence for edema, balance and quality of life is still limited. Authors concluded that the current evidence does not support the use of kinesiology taping in people with knee OA. Kolasinski et al. (2020) developed an evidence-based guideline for the comprehensive management of osteoarthritis (OA) as a collaboration between the American College of Rheumatology (ACR) and the Arthritis Foundation, updating the 2012 ACR recommendations for the management of hand, hip, and knee OA. Based on the available evidence, either strong or conditional recommendations were made for or against the approaches evaluated. Conditional recommendations were made for kinesiotaping for first CMC OA.

Danazumi et al. (2020) examined the effect of Kinesio taping as an adjunct to combined chain exercises compared with combined chain exercises alone in the management of individuals with knee osteoarthritis. A total of 60 (27 male, 33 female) individuals (age range = 50-71 yrs and mean age = 54.26 ± 8.83 yrs) diagnosed as having mild to moderate knee osteoarthritis (based on the Kellgren and Lawrence grade I-III classification) were randomly allocated into two groups with 30 participants each in the Kinesio taping + combined chain exercises and combined chain exercises groups. Participants in the Kinesio taping + combined chain exercises group

received Kinesio taping plus combined chain exercises and those in the combined chain exercises group received only combined chain exercises. Each participant was assessed for pain, range of motion, functional mobility, and quality of life at baseline and after 8 wks of intervention. A mixed-design multivariate analysis of variance was used to analyze the treatment effect. No significant differences were observed in the baseline characteristics of participants in both groups. The result indicated that there was a significant time effect for all outcomes, with a significant interaction between time and intervention. The Bonferroni post hoc analyses of time and intervention effects indicated that the Kinesio taping + combined chain exercises group improved significantly better than the combined chain exercises group in all outcomes, pain, flexion range of motion, functional mobility, and quality of life, after 8 wks of intervention. Authors concluded that the findings of this study concluded that Kinesio taping + combined chain exercises and combined chain exercises were both effective but Kinesio taping plus combined chain exercises was more effective in the management of individuals with knee osteoarthritis.

Heddon et al. (2021) analyzed the efficacy of this elastic taping (ET) (e.g., K-tape) on pain in patients with knee osteoarthritis by using The Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) score. Amongst all the papers found, 6 Randomized Control Trials (RCT) for a total of 392 participants met the criteria and were included in the review. Three papers out of the 6 RCT had low risks of bias. When the ET was compared to sham taping, the results show no to moderate decreases of WOMAC scores in patients with primary knee osteoarthritis. Limitations were that authors focused on a single index test (WOMAC) and could not perform meta-analyses. Authors included that although ET does not provide strong adverse outcomes, data do not support the use of ET as a treatment alone because of too slight reductions of the WOMAC score for reaching clinical efficiency. Thus, this systematic review shows no strong evidence regarding the use of elastic taping for pain improvement in patients with primary knee osteoarthritis. Pinheiro et al. (2021) analyzed the current evidence about the effects of kinesiology taping (KT) with different amounts of tension in people with knee osteoarthritis (OA). Of the 850 studies identified, eight met the inclusion criteria and were ultimately included in this review. Most studies had moderate quality, with a satisfactory PEDro score. Results showed that KT application with tension was not superior to the application without tension for the outcomes of pain, physical function, range of motion and muscle strength. Evidence for edema, balance and quality of life is still limited. Authors concluded that current evidence does not support the use of kinesiology taping in people with knee OA. Luo and Li (2021) demonstrated whether KT is better than placebo taping, nonelastic taping, or no taping in reducing chronic knee pain. In total, 8 studies involving 416 participants fulfilled the inclusion criteria. Results indicated that KT is better than other tapings (placebo taping or nonelastic taping) in the early four weeks. Treatment methods which were performed for more than six weeks show no significant difference in reducing pain. In studies in which visual analogue scale was measured, a positive effect was observed for KT combined with exercise program. Overall, authors suggest that KT exhibited significant but temporary pain reduction.

Guney-Deniz et al. (2023) compare the efficacy of manual lymphatic drainage (MLD) and Kinesio Taping®(KT) applications in terms of reducing lower extremity edema, pain, and improving function in the early postoperative period of TKA. Forty-five female patients with unilateral TKA were allocated to an additional postoperative MLD treatment (n = 15) with exercises, additional Kinesio Taping® (n = 15) with exercises, or exercise-only (n = 15). Lower limb circumference, range of motion (ROM), pain level, and knee osteoarthritis outcome score (KOOS) were compared. Both MLD and the KT group had lower edema and pain levels compared to the control group on postoperative day 4. These beneficial effects continued only two weeks postoperatively, and no group differences were found by six weeks. Authors concluded that additional MLD or KT applications to standard exercises were both effective on early-stage lower extremity edema and pain levels. Clinicians might implement one of these applications to the standard rehabilitation programs to control pain and edema following TKA.

Nunes et al. (2023) summarized the effectiveness of interventions for changing movement during weight-bearing functional tasks in people with patellofemoral pain (PFP). Randomized controlled trials involving people with PFP and nonsurgical, nonpharmacological interventions on task kinematics were included. Thirty-seven trials were included (n = 1235 participants). Combining knee/hip exercises with internal feedback had the strongest effect on reducing frontal knee movements (moderate evidence). On pairwise comparisons, the same combination of interventions reduced frontal hip movements (moderate evidence) and increased sagittal knee movements (moderate evidence), with no effects on sagittal hip movements (very low evidence), compared to knee/hip exercises alone. There was no effect for single applications of braces on the frontal knee movement (very low evidence) and taping on movements of the knee, hip, and ankle (very low to low evidence) compared to no intervention. Authors concluded that knee/hip exercises combined with internal feedback techniques may change knee and hip movements in people with PFP. The combination of these interventions can reduce frontal knee and hip movements and can increase sagittal knee movements.

Rethman et al. (2023) aimed to identify factors associated with kinesiophobia in individuals with patellofemoral pain (PFP) and to identify interventions that may reduce kinesiophobia in individuals with PFP in a systematic review and correlation meta-analysis. Seven databases were searched for articles including clinical factors associated with kinesiophobia or interventions that may reduce kinesiophobia in individuals with PFP. Forty-one articles involving 2712 individuals were included. Correlation meta-analyses using individual participant data indicated a moderate association between self-reported function and kinesiophobia and a weak association between pain and kinesiophobia. Low-certainty evidence from 2 articles indicated that passive treatment techniques were more effective than minimal intervention in reducing kinesiophobia. Very low-certainty evidence from 5 articles indicated that interventions to target kinesiophobia (psychobehavioral interventions, education, and self-managed exercise) were better in reducing kinesiophobia than physical therapist treatment approaches not specifically targeting kinesiophobia. Authors concluded that higher levels of kinesiophobia were moderately associated with poorer function and weakly associated with higher pain in individuals with PFP. Taping and bracing may reduce kinesiophobia immediately after use, and specific kinesiophobia-targeted interventions may reduce kinesiophobia following the full intervention; however, the certainty of evidence is very low.

Chen et al. (2024) evaluated systematically the efficacy of Kinesio taping (KT) on the knee function of individuals who undergo anterior cruciate ligament reconstruction (ACLR). The outcome measures included six continuous variables: quadriceps strength, hamstring strength, knee swelling, knee flexion angle, Lysholm knee function score, and Visual Analog Scale (VAS) pain scores. Seven RCTs including 278 patients who underwent ACLR were included in the systematic review. One of three (33%) studies found a remarkable increase in quadricep strength associated with the use of KT compared with the control group. Two of two (100%) studies found substantial increases in hamstring strength associated with KT. Two of four (50%) studies reported KT reduced knee swelling. Two of five (40%) studies reported considerable improvements in knee flexion angle in the groups that used KT. All three (100%) studies found KT did not improve Lysholm knee function scores. Three of four (75%) studies noted a significant reduction in VAS pain scores associated with KT. Authors concluded that KT may help improve hamstring strength and reduce knee swelling and pain in patients after ACLR. Further studies are needed to determine the effects of KT on quadricep strength and knee flexion angle.

Batista et al. (2024) evaluated whether postural control is impaired in people with patellofemoral pain (PFP) and the effectiveness of interventions on postural control measures. Fifty-three studies were included. Very low certainty evidence indicated that people with PFP have shorter anterior and posterolateral reach distance, and worse composite score. Very low to moderate certainty evidence indicated that people with PFP have worse anterior-posterior and overall stability indexes during single-leg stance and overall stability index during double-leg stance, but no differences in center of pressure area during stair ascent. Low certainty evidence indicated that kinesio taping improved anterior reach distance, while no significant differences were observed between pre- and post-intervention outcomes for conventional rehabilitation and rigid taping. Authors concluded that clinicians should use clinic- (star excursion or Y-balance tests) and laboratory-based (stability indexes) measures to identify impairments of postural control in people with PFP. Low certainty of evidence suggests short-term improvement in postural control with kinesio taping.

Azimi et al. (2024) assessed the effect of postoperative KT on knee edema, pain, and range of motion (ROM) when added to routine physiotherapy after knee surgery. Randomized controlled trials (RCTs) comparing routine physiotherapy with and without KT were included. Sixteen RCTs on 842 operated knees were included. KT reduced knee edema in first week, and 28 to 42 days postop. The KT demonstrated significant pain improvement in second week and the fourth week. The KT groups demonstrated ROM improvement within second week and in the 28th POD. Subgroup analysis demonstrated minimal heterogeneity in anterior cruciate ligament reconstruction (ACLR) cases. However, it did not show significant superiority regarding ankle, calf, or thigh edema and Lysholm scale. Authors concluded that this study suggests that adding KT to routine postoperative physiotherapy reduces pain and knee edema after total knee arthroplasty or ACLR. Low to very low certainty of evidence for all outcomes and the limited number of studies emphasize the need for more high-quality primary studies to explore the optimal method of KT application and its effectiveness in specific knee surgeries.

Ickert et al. (2024) reported the treatment effects of early use kinesiotaping on pain, range of motion, mobility, and edema outcomes following total knee arthroplasty. Randomized control trials evaluating the effect of kinesiotaping published in English were included. Seven articles totaling 534 participants were included for meta-analysis. Kinesiotaping with standard rehabilitation when compared to standard rehabilitation alone had very low certainty of evidence in pain and knee flexion range of motion. Kinesiotaping was favored at post-operative days two to

four for pain and range of motion. Kinesiotaping was favored at post-operative days six to eight for pain and range of motion. Edema and mobility could not be meta-analyzed. Authors concluded that the use of kinesiotaping early in post-operative rehabilitation could be a useful modality for reducing pain and increasing the range of knee flexion, however, the certainty of evidence is very low.

Luo et al. (2024) evaluated the clinical effectiveness of the Kinesio tape in the treatment of patellofemoral pain syndrome (PFPS) by meta-analysis. Fourteen studies were included, all of which were randomized controlled studies. The results showed that short-term pain relief was superior in the Kinesio tape (KT) group compared with the control group, with a statistically significant difference in the results; medium-term pain relief was superior in the KT group compared with the control group, with a statistically significant difference in the results; long-term pain relief in the KT group was better than the control group, with statistically different results. In contrast, there was no significant difference between the KT group and the control group in the assessment of knee function, and there was no significant difference between the KT group and the control group in the Lysholm knee score scale score of knee symptoms. Authors concluded that Kinesio taping can effectively relieve the pain of PFPS, but has no significant effect on the improvement of knee joint function and symptoms.

In a recommendations from the French Societies of Rheumatology and Physical Medicine and Rehabilitation on the non-pharmacological management of knee osteoarthritis, Pers et al. (2024) state that kinesiotaping should not be used for treatment of knee OA.

Elrosasy et al. (2024) evaluated the effectiveness of KT for anterior cruciate ligament (ACL) reconstruction and its impact on clinical outcomes in a systematic review and meta-analysis (MA). Five studies were included in the MA. Pooled analysis showed that, in comparison with the intervention group, the control group had a statistically significant improvement in flexion strength. Extension strength and pain, however, did not significantly differ between the intervention and control groups. Authors concluded that this analysis suggests limited to no benefits of KA post-ACL reconstruction. While the control group surprisingly showed better improvement in flexion strength, no significant differences were found in extension strength and pain. Further rigorous trials are needed to confirm its utility in rehabilitation.

Jiao et al. (2025) systematically evaluated the effect of KT on pain and knee function in patients with PFPS. Ten RCTs published from 2011 to 2022 were included in this review. A total of 364 PFPS patients were analyzed, with 184 in the KT group and 180 in the control group. The KT group primarily received KT plus routine rehabilitation, while the control group received routine rehabilitation alone. The overall quality of the included studies was relatively low. Meta-analysis showed that KT significantly reduced visual analog scale pain scores and increased the Kujala anterior knee pain scale score in patients with PFPS compared with controls. While knee extension peak torque, knee flexion peak torque, knee flexion range of motion, and knee joint position error were not significantly different among KT and control groups. Authors concluded that current evidence suggests that Kinesio taping reduces pain in patients with patellofemoral pain syndrome, but its effects on knee muscle strength, knee flexion range of motion, and knee proprioception need further investigation.

Aldalati et al. (2025) systematically evaluated the effectiveness of KT without conventional physical therapy for KOA. KT significantly reduced the post-treatment pain at rest and during movement compared to sham KT. However, KT did not demonstrate a significant effect on long-term pain reduction. Additionally, KT significantly improved the WOMAC total score and increased knee flexion range of motion (FROM). However, KT showed no significant effect on knee extension range of motion. No risk of publication bias observed. KT reduces pain, improves function, and enhances knee FROM in KOA patients even without physical therapy. However, its long-term effects remain uncertain. Future studies should evaluate the long-term application of KT and its integration with other KOA management strategies.

Ankle/Foot Conditions

Halseth et al. (2004) examined if KT on the anterior and lateral portion of the ankle would enhance ankle proprioception compared to the untaped ankle. A total of thirty (30) subjects (15 men, 15 women, ages 18 to 30 years) participated in this study. The results indicated no significant differences in either absolute or constant error between the no-tape and Kinesio taped conditions in either plantar flexion or inversion with twenty (20) degrees of plantar flexion. This indicated that KT likely does not enhance proprioception when measured by active ankle reproduction joint position sense (RJPS) in healthy subjects. The hypothesis that ankle taping would decrease absolute error and constant error of reproduction joint position sense was not supported by the data. The authors

stated that in order to fully understand the effect of KT on proprioception, further research needs to be conducted on other joints, on the method of application of KT, and the health of the subject to whom it is applied. In addition, further research may provide vital information about a possible benefit of KT during the acute and sub-acute phases of rehabilitation, thus facilitating earlier return to activity participation.

Nunes et al. (2021) investigated whether Kinesio taping technique, applied to ankles of healthy people as a preventive intervention and people with ankle injuries, is superior to sham or alternative interventions on ankle function. From 5,572 studies, 84 met the eligibility criteria which evaluated 2,684 people. Fifty-eight meta-analyses from 44 studies were performed (participants in meta-analyses ranging from 27 to 179). Fifty-one meta-analyses reported ineffectiveness of Kinesio taping: moderate evidence for star excursion balance test (anterior direction), jump distance, dorsiflexion range of motion, and plantar flexion torque for healthy people (effect size = 0.08-0.13); low to very-low evidence for balance, jump performance, range of motion, proprioception, muscle capacity and EMG for healthy people; balance for older people; and balance and jump performance for people with chronic instability. Seven meta-analyses reported results favoring Kinesio taping: low to very-low evidence for balance and ankle inversion for healthy people; balance for older people; and balance for people with chronic instability. Authors concluded that the current evidence does not support or encourage the use of Kinesio taping applied to the ankle for improvements in functional performance, regardless the population.

Biz et al. (2022) evaluated the effects of Kinesio Taping (or KT) on sports performances and ankle functions in athletes with chronic ankle instability (CAI). The outcomes considered were gait functions, ROM, muscle activation, postural sway, dynamic balance, lateral landing from a monopodal drop and agility. In total, 1448 articles were identified and 8 studies were included, with a total of 270 athletes. The application of the tape had a significant effect size on gait functions, ROM, muscle activation and postural sway. Authors concluded that the meta-analysis showed a significant improvement in gait functions (step velocity, step and stride length and reduction in the base of support in dynamics), reduction in the joint ROM in inversion and eversion, decrease in the muscle activation of the long peroneus and decrease in the postural sway in movement in the mid-lateral direction. It is possible to conclude that KT provides a moderate stabilising effect on the ankles of the athletes of most popular contact sports with CAI.

Song et al. (2026) evaluated the clinical efficacy of the athletic taping technique on patients with plantar fasciitis. Eleven randomized controlled trial with a total of 395 patients were included. On VAS scores, KT effectively reduced VAS pain scores; on AOFAS scores, KT improved AOFAS function scores and the results remained consistent across intervention durations; on plantar fascia thickness measurements, KT significantly reduced plantar fascia thickness; on Berg Balance Score (BBS), KT significantly improved BBS; on Foot Function Index-Pain Subscale (FFI-FPS) scores, KT effectively improved Foot Function Index-Disability Subscale (FFI-FPS) scores; on FFI-FDS scores, there was a significant improvement on FFI-FDS scores; on FFI-ALS scores, KT had a significant improvement on the Foot Function Index-Activity Limitation Subscale (FFI-ALS) score had a significant effect; and on VAS scores after follow-up, the pain relief effect was sustained. Based on the available evidence, preliminary analyses suggest that KT combined with conventional rehabilitation may have some advantages in improving pain, ankle-hindfoot function, and plantar fascia thickness in patients with plantar fasciitis, and some of the efficacy is short-term sustained. However, due to the heterogeneity and sample size of the included studies, the above conclusions need to be further validated by more high-quality studies.

Shoulder Conditions

In a prospective, randomized, double-blinded, clinical study using a repeated-measures design, Thelen et al. (2008) determined the short-term clinical efficacy of KT when applied to college students with shoulder pain, as compared to a sham tape application. A total of forty-two (42) subjects with clinically diagnosed rotator cuff tendonitis and/or impingement were randomly assigned to one of two groups: therapeutic KT group or sham KT group. Subjects wore the tape for two (2) consecutive three (3) day intervals. Self-reported pain and disability and pain-free active ranges of motion (ROM) were measured at multiple intervals to evaluate for differences between groups. The therapeutic KT group showed immediate improvement in pain-free shoulder abduction after tape application. No other differences between groups regarding ROM, pain, or disability scores at any time interval were found. The authors concluded that KT may be of some assistance to clinicians in improving pain-free active ROM immediately after tape application for patients with shoulder pain. Utilization of KT for decreasing pain intensity or disability for young patients with suspected shoulder tendonitis/impingement is not supported.

Hsu et al. (2009) investigated the effect of elastic taping on kinematics, muscle activity, and strength of the scapular region in baseball players with shoulder impingement. This is the first study to investigate the effects of

KT on the scapular kinematics and muscle performance in baseball players with shoulder impingement syndrome. The application of KT over the lower trapezius muscle improved the lower trapezius activity during sixty (60) to thirty (30) degrees of the lowering phase of arm scaption, and increased scapular posterior tilt at thirty (30) and sixty (60) degrees of arm scaption. These results suggest that KT could be a useful therapeutic and prophylactic assistance both in a rehabilitation clinic and in the field.

Kaya et al. (2011) compared the effectiveness of KT and physical therapy modalities in patients with shoulder impingement syndrome. Patients (n = 55) were treated with KT (n = 30) three (3) times by intervals of three (3) days or a daily program of local modalities (n = 25) for two (2) weeks. Response to treatment was evaluated with the Disability of Arm, Shoulder, and Hand scale (DASH). Patients were questioned for the night pain, daily pain, and pain with motion. DASH and VAS scores decreased significantly in both treatment groups as compared with the baseline levels at weeks one and two. Pain scores were also statistically significantly lower at the first week examination, but not after the second week. KT has been found to be more effective than the local modalities at the first week and was similarly effective at the second week of the treatment; however modalities alone are not the typical course of shoulder treatment. The authors stated that KT may be an alternative treatment option in the treatment of shoulder impingement syndrome especially when an immediate effect is needed. The findings of this small study need to be validated by well-designed studies. Saracoglu et al. (2018) completed a systematic review to determine whether adding any taping technique to standard physiotherapy care (e.g. exercise, electrotherapy, and manual therapy) alone in patients with shoulder impingement syndrome. The outcome measures were pain, disability, range of motion and muscle strength. Three randomized controlled trials and one controlled trial (135 patients) were included. The results were conflicting and weak on the effectiveness of taping as an adjunct therapy for improvement of pain, disability, range of motion and muscle strength. Authors concluded that clinical taping may be an option for these patients in addition to physiotherapy, but that further study is needed with improved methodology. Celik et al. (2020) evaluated the effects of kinesio taping on shoulder disorders, as a single treatment modality or as conjunction to other treatments. Fourteen studies were included with 680 participants. Kinesio taping did not produce better results on pain compared to sham, or passive treatments. Similarly, kinesio taping was not found superior to sham kinesio taping, exercises, or passive treatments on function. There were no significant differences for range of motion (ROM) compared to sham kinesio taping compared to passive treatment. Overall, effect size was found small to moderate. Authors concluded that despite reported positive effects in some studies, there is no firm evidence of any benefit of kinesio taping on shoulder disorders.

de Oliveira et al. (2021) investigated the use of Kinesiotaping (KT) for treating rotator cuff-related shoulder pain (RCRSP), as its mid- and long-term effects have not been investigated. A total of 52 individuals with RCRSP were randomly assigned to 1 of 2 groups (experimental: KT; control: no-KT), and underwent a 6-week rehabilitation program composed of 10 physical therapy sessions. KT was added to the treatment of the KT group. Symptoms and functional limitations were assessed using the Disabilities of the Arm, Shoulder and Hand (DASH) questionnaire (primary outcome); Brief Pain Inventory (BPI); and Western Ontario Rotator Cuff (WORC) index at baseline, 3 weeks, 6 weeks, 12 weeks, and 6 months. AHD, pain-free ROM, and full ROM were measured at baseline and at week 6. No significant group $\times$ time interactions were found for any outcomes. Time effects were observed as both groups showed significant improvements for all variables studied; and full ROM abduction. Authors concluded that given symptoms, functional limitations, ROM, and AHD improved in both groups, the addition of KT did not lead to superior outcomes compared with exercise-based treatment alone, in the mid and long term, for individuals with RCRSP.

Letafatkar et al. (2021) investigated if adding Kinesio tape to therapeutic exercise is an effective treatment to improve clinical outcomes compared to therapeutic exercise alone and no intervention, in patients with shoulder impingement syndrome. One hundred and twenty patients (mean (SD): age 37.8 (5.4)) with shoulder impingement syndrome. Patients were randomly assigned to eight-weeks therapeutic exercise alone, therapeutic exercise with Kinesio tape, and control group. Pain was measured with a numerical rating scale and disability and scapular kinematics were measured with a relative questionnaire and motion analysis software respectively, at baseline and after eight-weeks intervention. There was significant differences in therapeutic exercise with Kinesio tape group vs. therapeutic exercise alone and control group respectively for pain, disability, scapular upward rotation at sagittal plane, scapular plane, scapular tilt at sagittal plane, and scapular plane. Therapeutic exercise alone was superior over control group in all significant outcomes. Authors concluded that although therapeutic exercises alone showed positive effect on clinical outcomes, adding Kinesio tape to therapeutic exercises had more significant effects with larger effect sizes. Adding Kinesio tape to therapeutic exercise may be of some assistance to clinicians in improving clinical outcomes in patients with shoulder impingement

syndrome. Araya-Quintanilla et al. (2022) determined the effectiveness of kinesiotaping (KT) with or without co-interventions for clinical outcomes in patients with subacromial impingement syndrome (SIS). Ten trials for the quantitative analysis were included. Pain intensity, shoulder function, and shoulder flexion were evaluated. Authors concluded that kinesiotaping with or without co-interventions was not superior to other interventions for improving shoulder pain intensity, function and ROM flexion in patients with SIS.

Ager et al. (2023) synthesized the evidence on the effects of elastic KT on proprioception in healthy and pathological shoulders. Eight studies (5 RCTs, 3 non-RCTs) were included, yielding 187 shoulders (102 healthy and 85 pathological shoulders). Outcome measures were active joint position sense (AJPS), passive joint position sense (PJPS), kinesthesia, sense of force (SoF), and sense of velocity (SoV). Elastic KT has a mixed effect on AJPS of healthy shoulders (n=79) (low certainty). Elastic KT improves AJPS (subacromial pain syndrome and rotator cuff tendinopathy, n=52) and PJPS (chronic hemiparetic shoulders, n=13) among pathological shoulders (very low certainty). Elastic KT has no effect on kinesthesia among individuals with subacromial pain syndrome (n=30) (very low certainty). Authors concluded that there is very low to low certainty of evidence that elastic KT enhances shoulder AJPS and PJPS. The aggregate of evidence is currently so low that any recommendation on the effectiveness of elastic KT on shoulder proprioception remains speculative.

Turgut et al. (2024) evaluated the current literature regarding the effects of shoulder taping in overhead athletes. Literature search was performed related to rotational range of motion (RoM), posterior shoulder tightness (PST), kinematics, muscular activity, acromiohumeral distance (AHD), proprioception, strength, and performance. Twenty studies were eligible. The majority of the applied taping methods were scapular and humeral head repositioning taping. Across all studies, there was limited to moderate evidence in favour of taping in overhead athletes with regard to rotational RoM, AHD, proprioception, and altering scapular kinematics, while taping did not enhance PST, muscular activity, shoulder strength, and performance. Therefore, the current evidence showed taping can alter some of the investigated factors that may have a therapeutic or preventive role. However, in the management of the athlete shoulder, taping-only approaches should not be focused on, and taping can be integrated in a more comprehensive approach for the overhead athletes.

Neck and Low Back Conditions

González-Iglesias et al. (2009) examined the short-term effects of KT, applied to the cervical spine, on neck pain and cervical ROM in individuals with acute whiplash-associated disorders (WADs). A total of forty-one (41) patients (21 females) were randomly assigned to one of two groups: (i) the experimental group received KT to the cervical spine (applied with tension) and (ii) the placebo group received a sham KT application (applied without tension). Both neck pain (11-point numerical pain rating scale) and cervical ROM data were collected at baseline, immediately after the KT application, and at a twenty-four (24) hour follow-up by an assessor blinded to the treatment group of the patients. The group-by-time interaction was statistically significant for pain and all directions of ROM, indicating that patients receiving KT experienced a greater decrease in pain and ROM immediately post-application and at the 24-hour follow-up. The authors concluded that patients with acute WAD receiving an application of KT, applied with proper tension, exhibited statistically significant improvements immediately following application of the KT and at a 24-hour follow-up. However, the improvements in pain and cervical ROM were small and may not be clinically meaningful.

Goodwin et al. (2016) reported on a systematic review to establish the current evidence base for the use of orthotics and taping for people with osteoporotic vertebral fracture (OVF). The review included nine studies comprising two parallel-group randomized controlled trials, four randomized cross-over trials, two before-after (single arm) studies and a parallel group observational study. There were no qualitative studies identified. The studies included a wide range of outcomes assessing impairments, activities and participation were assessed but the findings were mixed. The quality of studies was limited. The authors concluded that the current evidence for using orthotic devices or taping for people with OVF is inconsistent and of limited quality and therefore careful consideration should be taken by clinicians before prescribing them in practice.

The American College of Occupational and Environmental Medicine's practice guidelines on "Evaluation and management of common health problems and functional recovery in workers" (Hegmann, 2007) did not recommend taping or KT for acute, subacute, or chronic LBP, radicular pain syndromes or other back-related conditions. Paoloni et al. (2011) conducted a two-part study of 39 patients to evaluate the effect of kinesio taping (KT) on chronic low back pain. Phase I was based on an intra-subject pre-test/post-test procedure where pain intensity was evaluated means of 10cm horizontal visual-analog scale (VAS) score. Phase II was based on a

randomized, single-blinded controlled trial where patients were randomized to one of three groups: KT and exercise group, KT alone or exercise alone. Outcomes were assessed at one month after therapy by an investigator who was blinded to treatment assignment, and included pain assessed by VAS, disability assessed by surface electromyographic (sEMG), and disability assessed by the Roland Morris Disability Questionnaire (RMDQ). In the three groups it was noted that there was a significant reduction in pain after treatment, with only the exercise-alone group displayed reduced disability. KT appeared to reduce pain over short follow-up comparable to therapeutic exercise. The study was limited by small sample size and short follow-up timeframe.

Castro-Sanchez et al. (2012) reported on a randomized trial, with concealed allocation, assessor blinding, and intention-to-treat analysis (n=60). The experimental intervention was Kinesio Taping over the lumbar spine for one week and control intervention was sham taping. At one week, the experimental group had significantly greater improvement in disability, by 4 points (95% CI 2 to 6) on the Oswestry score and by 1.2 points (95% CI 0.4 to 2.0) on the Roland-Morris score. It was noted that these effects were not significant four weeks later. The experimental group had a greater decrease in pain than the control group immediately after treatment (mean between-group difference 1.1cm, 95% CI 0.3 to 1.9), which was maintained four weeks later (1.0cm, 95% CI 0.2 to 1.7). Similarly trunk muscle endurance was significantly better at one week (by 23 sec, 95% CI 14 to 32) and four weeks later (by 18 sec, 95% CI 9 to 26). Other outcomes were not significantly affected. The authors concluded that Kinesio Taping reduced disability and pain in people with chronic non-specific low back pain, however, the effects may be too small to be clinically worthwhile. While there was some effect immediately after treatment, the effect did not have lasting effect at four weeks.

Kachanathu et al. (2014) reported on a randomized, controlled trial with the aim of comparing the effect of Kinesio taping (KT) compared with traditional management for nonspecific low back pain (NSLBP). Forty male and female patients were randomly divided into two groups: group 1 (n=20) underwent conventional physical therapy with KT, and group 2 (n=20) underwent only conventional physical therapy. Intervention sessions were three times per week for four weeks. Outcomes were assessed for activities of daily living (ADL) using the Roland-Morris Disability Questionnaire, pain severity using a visual analogue scale, and ranges of motion (ROMs) of trunk flexion and extension using the modified Schober's test. There were significant differences in measures of pain, ADL, and trunk flexion and extension ROMs observed post-intervention within each group. In comparison, there were no significant differences in measures of pain, ADL, and trunk flexion and extension ROMs post intervention between the groups. Vanti et al. (2015) reported on a systematic review of randomized, controlled trials (RCTs) regarding the effects of elastic and non-elastic taping on spinal pain and disability. Eight RCTs were included in the review (n=409). Meta-analysis of four RCTs on low back pain indicated that elastic taping does not significantly reduce pain and disability immediately post-treatment. In addition, results from single trials demonstrated that both elastic and non-elastic taping are not better than placebo or no treatment on spinal disability. Positive results were found for elastic taping, however only for short-term pain reduction in whiplash associated disorders or specific neck pain. In general, it was found that the effect sizes were very small or not clinically relevant, with all results supported by low quality evidence. The authors concluded that the results of the systematic review did not show effectiveness of different types of taping.

Nelson (2016) aimed to review the results of RCTs investigating the effects of KT on chronic LBP. In total, five studies involving 306 subjects met the inclusion criteria and corresponded to the aim of this review. The methodological quality of the included RCTs was good, with a mean score of 6.6 on the 10-point PEDro Scale. Moderate evidence suggests KT, as a sole treatment or in conjunction with another treatment, is no more effective than conventional physical therapy and exercise with respect to improving pain and disability outcomes. There is insufficient evidence suggesting that KT is superior to sham taping in improving pain and disability. Limited evidence suggests that KT is more effective than sham taping in improving range of motion (ROM) and global perceived effect (GPE) in the short term. Very limited evidence indicates that KT is more effective than conventional physical therapy in improving anticipatory postural control of the transversus abdominus muscles and improved cerebral cortex potential. Authors conclude that Kinesio taping is not a substitute for traditional physical therapy or exercise. Rather, KT may be most effective when used as an adjunctive therapy, perhaps by improving ROM, muscular endurance and motor control. More high quality studies that consider the multiple factors that mediate CLBP, in the short, intermediate and long term, are needed to strengthen the evidence of the effectiveness of KT on CLBP. Another 2016 published in the Spine journal (Al-Shareef et al.) was a randomized controlled trial with 2-week Kinesio taping intervention. The aim of the study was to investigate the effectiveness of Kinesiotaping application on pain, functional disability, and trunk flexion range of motion (ROM) in patients with chronic nonspecific low back pain (chronic NSLBP). Forty-four patients with chronic NSLBP were randomized into experimental group (n=21) and placebo group (n=23). The experimental group was treated with

Erector Spinae Taping, whereas the placebo group was treated with placebo taping. The primary endpoint was pain intensity on visual analog scale. Secondary endpoints were functional disability on Arabic version of Oswestry disability index (ODI) and trunk flexion ROM on Modified Schober's test. All measurements were recorded at baseline (W0), after 2-week intervention (W2), and at 4-week (W4) follow-up. No significant differences existed at baseline. Authors concluded that Kinesio taping reduces pain and disability and improves trunk flexion ROM after 2 weeks of application. However, these effects were very small to be considered clinically relevant and meaningful when compared with placebo taping.

Added et al. (2016) performed a RCT to determine the effectiveness of Kinesio Taping in patients with chronic nonspecific low back pain when added to a physical therapy program consisting of exercise and manual therapy. One hundred forty-eight patients with chronic nonspecific low back pain were randomly allocated to receive 10 (twice weekly) sessions of physical therapy, consisting of exercise and manual therapy, or the same treatment with the addition of Kinesio Taping applied to the lower back. The primary outcomes were pain intensity and disability (5 weeks after randomization) and the secondary outcomes were pain intensity, disability (3 months and 6 months after randomization), global perceived effect, and satisfaction with care (5 weeks after treatment). Data were collected by a blinded assessor. Authors concluded that patients who received a physical therapy program consisting of exercise and manual therapy did not get additional benefit from the use of Kinesio Taping. Overall, the literature on taping for mechanical low back pain is insufficient to determine effectiveness for pain and function. Much of literature is varied in taping application and methodological limitations. According to the Agency for Healthcare Research and Quality (AHRQ) review on Noninvasive Treatments for Low Back Pain (Chou et al., 2016), for chronic low back pain, no differences were noted for taping versus exercise therapy in pain and function and no differences were noted between taping and sham taping for function; results for pain were inconsistent and insufficient to draw conclusions from. Authors also noted no trials have noted harms or adverse events.

Araujo et al. (2018) investigated the effectiveness of kinesio taping in patients with chronic low back pain after 6 months from randomization. This was a randomized controlled trial with a 6 months follow up. One hundred and forty eight participants were randomly assigned to the experimental (kinesio taping with skin convolutions) or control (kinesio taping without convolutions-Sham Taping) group. Participants from both groups had the tape reapplied twice a week for four weeks. The outcomes were pain, disability and global impression of recovery after 6 months. After 6 months there were no statistically significant between-group differences in pain intensity, global impression of recovery or disability. Authors concluded that four weeks of kinesio taping treatment was no better than sham taping for patients with chronic low back pain, at 6 months follow-up. Li et al. (2019) explored the effects of kinesiotaping on pain and disability in individuals with chronic low back pain. A total of 10 studies were included in this meta-analysis. A total of 627 participants were involved, with 317 in the kinesiotape group and 310 in the control group. The effects of kinesiotape on pain reduction were not superior to placebo taping, either alone or in conjunction with physical therapy. Kinesiotaping did significantly improve disability when compared to the placebo taping. Authors concluded that given the convenience of kinesiotape, patients may benefit if no other treatment is available.

Luz Júnior et al. (2019) investigated the effects of Kinesio Taping (KT) in patients with nonspecific low back pain. 11 RCTs were included for this systematic review (pooled n=743). Two clinical trials (pooled n=100) compared KT to no intervention at the short-term follow-up. Four studies compared KT to placebo (pooled n=287) at short-term follow-up and two trials (pooled n=100) compared KT to placebo at intermediate-term follow-up. Five trials (pooled n=296) compared KT combined with exercises or electrotherapy to exercises or spinal manipulation alone. No statistically significant difference was found for most comparisons. Authors concluded that very low to moderate quality evidence shows that KT was no better than any other intervention for most the outcomes assessed in patients with chronic nonspecific low back pain. Authors found no evidence to support the use of KT in clinical practice for patients with chronic nonspecific low back pain. Lin et al. (2020) summarized the results of randomized controlled trials on the effectiveness of Kinesio Taping (KT) for chronic nonspecific low back pain (CNLBP) and disability. Eleven RCT studies involving 785 patients were retained for the meta-analysis. Limitations of the review included a lack of homogeneity, different methodologies and treatment duration of KT application, and relatively small sample sizes. Authors concluded that there is low-quality evidence that KT has a beneficial role in pain reduction and disability improvement for patients with CNLBP. More high-quality studies are required to confirm the effects of KT on CNLBP.

Chen et al. (2021) compared conservative care strategies on their efficacy and safety for women with pregnancy-related LBP through systematic review with pairwise meta-analysis and network meta-analysis. Twenty-three

studies were included in the qualitative synthesis (18 randomized controlled trials were included in the network meta-analysis). For women with LBP during pregnancy, progressive muscle relaxation therapy and Kinesio Taping reduced pain intensity compared with placebo. Authors concluded that for patients with LBP during pregnancy, progressive muscle relaxation therapy and Kinesio Taping may help to decrease pain, and transcutaneous electrical nerve stimulation may improve physical function. Jassi et al. (2021) investigated the effects of star-shape Kinesio taping (KT) compared with both sham KT and minimal intervention (MI) on pain intensity and postural control. A total of 120 people with chronic low back pain (CLBP) aged 18-60 years (N=120). Interventions were star-shape KT, sham KT (no tension) and MI (educational booklet for self-management). The primary outcome measures were pain intensity and center of pressure (COP) mean sway speed, and disability score (Oswestry Disability Index) was a secondary outcome. The outcomes were obtained immediately after initial KT application, on the seventh day of intervention and at the 1-month follow-up. Authors concluded that results showed no meaningful effect of star-shape KT intervention on pain intensity and postural control in people with CLBP compared with MI or sham KT. The observed reduction of 1.3 units between star-shape KT and MI groups was statistically different, but it could not be considered clinically relevant. The results of this trial suggest that benefits from KT are more likely attributable to contextual factors rather than specific taping parameters.

van Amstel et al. (2021) systematically reviewed the literature to analyze the effect of lumbar elastic tape application on trunk mobility, surpassing the minimal detectable change of the used outcome measurement tool, and to analyze the additional effect of applied tension and direction of elastic tape application in low back pain and participants without low back pain. Eight out of 6799 studies were included; 5 studied individuals with low back pain, and 3 studied participants without low back pain. None of the reported significant changes in trunk mobility due to elastic tape application exceeded the indicated minimal detectable change. No conclusions can be drawn from the direction and applied tension of elastic tape application. Authors concluded that based on the results of this systematic review, there is no evidence supporting the effect of lumbar elastic tape application. We recommend consensus in the use of more reliable and valid instruments in future studies. Sun and Lou (2021) critically examined and evaluated the evidence of recent randomized controlled trials regarding the effectiveness of KT as an adjunct to PT for CLBP for at least 2 weeks in a systematic review and meta-analysis. Twelve randomized controlled trials with a total of 676 patients were included in our study. Mean improvements were significantly higher in the KT+PT group than the PT group for pain score and disability. Of 12 studies based on the pain score, 7 reported KT+PT patients to have significantly less pain at latest follow-up when compared with PA patients. Of 11 studies based on the disability, 8 reported KT+PT patients to have significantly better improvements at latest follow-up when compared with PA patients ($P < .05$). Authors concluded that kinesiotaping combined with physical therapy provided better therapeutic effects regarding pain reduction and disability improvement compared with physical therapy alone in individuals with chronic low back pain.

Blanco-Diaz et al. (2025) evaluated the effectiveness of physiotherapy interventions, in reducing pain and improving functional outcomes in patients with coccydynia. Inclusion criteria focused on studies evaluating conservative physiotherapy interventions in patients with coccydynia. Nine RCTs comprising 532 participants were included. The Cochrane risk-of-bias assessment indicated a moderate to high risk in several domains, particularly in allocation concealment and blinding. ESWT demonstrated significant reductions in pain and improvements in functional outcomes, with benefits sustained up to six months in some cases. Manual therapy was particularly effective in recent-onset coccydynia, although its efficacy diminished over time. kinesiotaping (KT) improved pain perception but showed limited impact on disability measures. Despite promising results, heterogeneity in interventions, small sample sizes, and short follow-up periods limited definitive conclusions.

Sports/Musculoskeletal Conditions

Williams et al. (2012) completed a meta-analysis of the evidence for the effectiveness of KT in the prevention and treatment of sports injuries. From ninety-seven total articles, only ten met the inclusion criteria (outcome data and control group were used). Of these ten studies, only two investigated sports injuries (shoulder impingement) and only one involved injured athletes. The healthy subjects were identified from a preventive standpoint. Overall, pain relief from KT was not clinically relevant based on results. Range of motion improvements was inconsistent, with a trend toward beneficial results. There was likely a proprioceptive benefit regarding grip force sense error, but not ankle proprioception. Seven outcomes relating to strength were beneficial, though numerous trivial findings occurred for hamstrings, quadriceps, and grip strength measures. Some substantial effects on muscle activity were noted, but it was unclear if these were harmful or beneficial. There was little quality evidence to support the use of KT over other types of taping or versus control groups in the management or prevention of injuries. ROM, strength, and force sense error improvements may be noted in certain populations but further research is needed to confirm these findings. In particular, future studies need to focus on appropriate design to

improve the quality of research available. Parreira et al. (2014) conducted a systematic review to evaluate if kinesio tape is more effective than no treatment or sham/placebo in people with musculoskeletal conditions for the outcomes of pain intensity, disability, quality of life, return to work and global impression of recovery. The review included 12 randomized trials involving 495 participants with various musculoskeletal conditions. It was found that kinesio taping was no better than sham taping/placebo and active comparison groups. In addition, it was noted that for all comparisons where Kinesio Taping was found to be better than an active or a sham control group, the effect sizes were small and probably not clinically significant or the trials were of low quality.

Montalvo et al. (2014) completed a systematic review and meta-analysis on the effectiveness of KT on pain in individuals with musculoskeletal injuries. Results indicate that KT may have limited potential for pain reduction of musculoskeletal injury; however specific pain measures were not reduced beyond outcomes of other modalities identified within the included studies. Authors suggest that KT may be used in addition or in place of more traditional therapies, but more research is necessary. Lim and Tay (2015) performed a systematic review with meta-analysis focused on pain and methods of tape application. The authors compared the pain and disability in individuals with chronic musculoskeletal pain who were treated with Kinesio taping with those using minimal or other treatment approaches. Seventeen clinical-controlled trials were identified and included in the meta-analyses. When compared to minimal intervention, Kinesio taping was superior to minimal intervention for pain relief. However, existing evidence does not establish the superiority of KT to other treatment approaches to reduce pain and disability in patients with chronic musculoskeletal pain.

Tran et al. (2023) performed a systematic review and meta-analysis on the efficacy of kinesio taping in musculoskeletal disorders compared to other interventions. Twelve electronic databases were used for systemic search and data relevant to pain and disability were extracted. Meta-analysis was performed to compare the efficacy of kinesio taping to other modalities of musculoskeletal disorders. As a result, 36 studies were included in the quantitative analysis. Kinesio taping was found to provide an improvement of both pain and disability when applied to any region of the body. In the first five days of application, kinesio taping significantly reduced the pain in all body regions. This was also noted after four-to-six weeks of application. When kinesio taping was used for disability in low back pain patients, it significantly reduced the disability within five days of application. Finally, kinesio taping has shown an improvement of the disability in all body regions after four-to-six weeks of application. Our findings support kinesio taping as an adjuvant to other treatments for musculoskeletal disorders.

Stocco et al. (2024) compared the effects of KT on muscle strength with the control/placebo group among athletes with and without musculoskeletal injury. Ten articles were eligible, among which 5 studies were included in the meta-analysis. In the primary analysis, no relevant clinical effect was found (immediate post-intervention <24h and late post-intervention ≥24h when comparing the KT group with the control/placebo groups for muscle strength of lower limbs in participants with and without musculoskeletal injury and in the subgroup analysis (including only individuals without injury), there was also no clinical effect of KT for muscle strength. Authors conclude that KT does not contribute to muscle strength gain in athletes with and without musculoskeletal injuries.

Li et al. (2025) evaluated both the short-term and long-term efficacy of KT in the management of carpal tunnel syndrome (CTS). Fourteen studies with 637 participants were included. Kinesio Taping (KT) significantly improved long-term pain relief compared to control. Additionally, KT led to significant improvements in symptoms and functional status. KT showed similar therapeutic outcomes to orthoses, and combining KT with orthoses provided greater short-term pain relief than orthoses alone. Authors concluded that low to moderate quality evidence indicates that KT may effectively improve long-term pain relief and functional outcomes in patients with CTS. Additionally, low quality evidence suggests that the combination of KT and orthoses may provide greater short-term pain relief.

Kandeel et al. (2025) evaluated the efficacy of KT in reducing pain intensity and increasing pressure pain threshold (PPT) in individuals with myofascial pain syndrome (MPS). Randomized controlled trials (RCTs) comparing KT to a control group, including no intervention, placebo, or sham taping, in individuals with MPS were included. A total of 15 RCTs were included in the systematic review and meta-analysis. The pooled analysis showed a significant reduction in pain intensity in the KT group compared to the control group immediately after intervention, within the first week, and after 2-3 weeks. However, the effect diminished after 4-6 weeks. Regarding PPT, KT significantly increased PPT within the first week but not immediately after intervention or after 2-3 and 4-6 weeks. This meta-analysis provides evidence that KT is effective in reducing pain intensity and increasing PPT in individuals with MPS, particularly in the immediate and short-term periods. However, the effects

on pain reduction and PPT diminish over time, suggesting a need for reapplication or combination with other interventions for sustained long-term benefits.

Rehabilitation for Neurologic Conditions

In a single-center, randomized, and double-blind study, Karadag-Saygi and colleagues (2010) evaluated the effect of KT as an adjuvant therapy to botulinum toxin A (BTX-A) injection in lower extremity spasticity in twenty (20) hemiplegic patients with spastic equinus foot. A clinical assessment was done before injection and at two (2) weeks and one (1), three (3), and six (6) months. Outcome measures were modified Ashworth scale (MAS), passive ankle dorsiflexion, gait velocity, and step length. Improvement was recorded in both KT and sham groups for all outcome variables. The application of KT combined with botulinum toxin A provided no superior effect compared to sham taping with botulinum toxin A. Improvements were seen for both groups, with the improvement in range of motion being the only outcome that was greater in the treatment group than the sham taping group. Simsek et al. (2011) studied the effects of KT on sitting posture, functional independence and gross motor function in children with cerebral palsy. One group received taping to their trunk in addition to exercises focusing on tone, upper extremity (UE) activities, and sitting and balance reactions. The control group received only exercises. No direct effects of KT were observed on gross motor function and functional independence, though sitting posture (head, neck, foot position and arm, hand function) was affected positively. These results may imply that in clinical settings KT may be a beneficial assistive treatment approach when combined with physical therapy. Güçhan et al. (2017) reported on a systematic review that investigated the effectiveness of taping on the rehabilitation of children with cerebral palsy (CP). The review included nine papers with five randomized controlled trials, three case series, and one a single case study. Four papers were high quality according to the methodological critical forms of this review, and two of these found that taping was effective in increasing activity in children with CP. Seven papers used elastic tape, one paper used inelastic tape, and one used both types. The authors noted that despite some promising results supporting the use of taping by therapists as being a helpful method of reaching rehabilitation goals, the specifics of how and when to use taping to get the best effect remain unclear and that many more randomized controlled trials with larger sample sizes and standardized procedures for the application of taping are required.

Cunha et al. (2017) systematically reviewed the evidence of the effects of elastic therapeutic taping on motor function in children with motor impairments. Final selection consisted of 12 manuscripts (five randomized controlled trials), published in the last 10 years. Among them, cerebral palsy (CP) was the most recurrent disorder ($n = 7$), followed by congenital muscular torticollis ($n = 2$) and brachial plexus palsy ($n = 2$). Positive results were associated with taping application: improvement in the upper limb function, gross motor skills, postural control, muscular balance, and performance in the dynamics functional and daily activities. Authors concluded that although clinical trials have indicated improvement in the postural control and functional activities with both, upper and lower limbs, and increase in the functional independency resulting from the taping use, higher quality studies and well-established protocols are needed to increase the confidence in applying elastic therapeutic taping to specific clinical conditions.

Elbasan et al. (2018) examined the combined effect of NDT, NMES and KT applications on postural control and sitting balance in children with CP. Forty five children, in 3 groups, between the ages 5-12 years were included in the study. Group 1 received NDT; group 2 received NDT + NMES; and the group 3 received NDT + NMES + KT for 6 weeks. Sitting function evaluated by the sitting section of the gross motor function measure (GMFM), and postural control assessed with the seated postural control measurement (SPCM). Seating section of GMFM was improved significantly in all the groups; however, increases in the group 3 were higher than groups 1 and 2. Postural control was also improved in all groups but the change in the third group was higher than groups 1 and 2. Authors concluded that implementation of the NMES, and KT additionally to NDT improve the sitting posture, postural control, seating function, and gross motor function in children with CP. Inamdar et al. (2021) conducted a systematic review and meta-analysis on the effectiveness of physical therapy interventions to improve sitting ability in young children with or at risk for cerebral palsy (CP). Twelve unique studies met the inclusion criteria and were categorized into one of two categories: (1) comparison of two physical therapy interventions or (2) physical therapy plus adjunct versus physical therapy alone. Authors concluded that there is a lack of strong evidence for physical therapy interventions targeting sitting in young children with or at-risk for CP due to limitations in methodological rigor and sample sizes. They did recognize that Kinesio-taping may be an effective adjunct to conventional physical therapy in improving sitting ability in children with spastic bilateral CP. Aydin et al. (2021) investigated the acute effects of kinesiology taping (KT) on physical performance, gait characteristics, and balance in early-stage Duchenne Muscular Dystrophy (DMD). Forty-five children at early functional level of DMD were included. 6-minute walk test (6MWT), and timed performance tests were performed; gait

characteristics, and balance were assessed before and one hour after taping. KT was applied to bilateral quadriceps and tibialis anterior muscles. The comparison of assessments was performed by using Wilcoxon Signed Ranks test. Significant increase in the distance of 6MWT, decrease in the duration of descending 4 steps, and 10 m walk timed performance tests, improvements in all of the gait characteristics, and balance were determined after taping. Authors concluded that KT has positive acute effects on performance and gait of children with DMD at early functional level which encourages therapists to use KT as a complementary approach in rehabilitation programs.

Deng et al. (2021) evaluated the effectiveness of kinesio taping for the management of hemiplegic shoulder pain. A total of nine studies (n = 424) met the inclusion criteria. A meta-analysis demonstrated a significant effect of kinesio taping on pain, motor function of upper limb, magnitude of shoulder subluxation and activities of daily living post-intervention. Authors concluded that this meta-analysis suggests a beneficial effect of kinesio taping for reducing shoulder subluxation, improving motor function of the upper limb and activities of daily living in patients with hemiplegic shoulder pain post-intervention, which could not be interpreted simply as a placebo effect. And it was associated with reduced pain for patients with chronic stroke.

Wang et al. (2022) evaluated the efficacy of kinesiology taping on the functions of upper limbs in patients with stroke and to collect the main outcomes evaluated in the analyzed studies. Twelve articles were included. Pooled data provided evidence that there was significance between kinesiology taping groups and control groups in pain intensity, shoulder subluxation, general disability, upper extremity function, and the PROM of flexion. Authors concluded that the current evidence suggested that kinesiology taping could be recommended to improve upper limb function in patients with stroke in pain intensity, shoulder subluxation, general disability, upper extremity function, and the PROM of flexion.

Fandim et al. (2024) evaluated the effectiveness of KT alone or combined with other interventions for patients with chronic stroke. Authors included randomized controlled trials that evaluated the effectiveness of KT compared to control interventions. The primary outcomes were upper limb function and gait. They included 14 RCTs undertaken in six different countries. There is very-low certainty evidence that KT has no effect on gait, balance, and postural control. Authors found very-low certainty evidence of a slightly benefit when used in addition to other therapies for gait, balance and postural control, and pain intensity. Study findings show KT does not have enough robust evidence for improving upper limb function, gait, balance and postural control, and pain intensity in chronic stroke patients.

Agyenkwa et al. (2024) aimed to determine the effects of KT application on lower limb functional outcomes in children with CP in a review. They conclude that this review shows that the KT application does not enhance gross motor gains when compared to conventional PT. However, functional mobility could be improved with KT application when coupled with conventional PT. Due to the slowness of functional recovery among children with CP, it is recommended to apply KT consecutively for at least 12 weeks.

Performance and Function

In pilot study, Fu and associates (2008) examined the possible immediate and delayed effects of KT on muscle strength in quadriceps and hamstring when taping is applied to the anterior thigh of healthy young athletes. Muscle strength of the subject was assessed by the isokinetic dynamometer under three conditions: (i) without taping; (ii) immediately after taping; (iii) 12 hours after taping with the tape remaining in situ. The result revealed no significant difference in muscle power among the three conditions. KT on the anterior thigh neither decreased nor increased muscle strength in healthy non-injured young athletes. Yoshida and Kahanov (2007) studied the effect of KT on lower trunk range of motion (ROM). Fifteen (15) persons received KT first and had ROM measured first with the tape and then without the tape. The other fifteen (15) subjects were measured without tape first, followed by measurements with tape. The subjects were taped with KT using the Y-shaped method for the sacrospinalis muscle. Results suggested that KT may increase active range of motion of lower trunk flexion even though no effect was identified for extension and lateral flexion. The application of Kinesio tape in a Y-flexion pattern may improve active range of motion of trunk flexion in healthy subjects, but needs to be examined in a population with muscular pathology. Limitations of this study include small sample size, participants without a low back injury and absence of a control group. No studies have specifically studied the effects of KT on low back pain (LBP).

Chang et al. (2010) studied the immediate effect of forearm KT on maximal grip strength and force sense in healthy college athletes. Twenty-one (21) male subjects participated in the study. Pre- and post-maximal grip strength measurements were taken. Fifty percent (50%) of maximal grip strength was established as the reference

value for the force sense part of the study. Three (3) conditions were tested: (i) without taping; (ii) with placebo taping; and (iii) with KT. Results demonstrated no significant differences for maximal grip strength, however force sense errors significantly increased the accuracy of the results under the three conditions ($p < 0.05$). Chang et al. (2012) also looked at taping in baseball pitchers with medial epicondylitis. This study suggested that forearm KT may affect pain levels and force sense in the short term. It doesn't appear to affect maximal force production of wrist flexors. Briem and colleagues (2011) examined the effect of two (2) adhesive tape conditions compared to a no-tape condition on muscle activity of the fibularis longus during a sudden inversion perturbation in male athletes (soccer, team handball, basketball). Each participant was tested under three (3) conditions: (i) with the ankle taped with non-elastic, white sports tape, (ii) Kinesio tape, and (iii) with no tape. Significantly greater mean muscle activity was found when ankles were taped with non-elastic tape compared to no tape, while KT had no significant effect on mean or maximum muscle activity compared to the no-tape condition. The authors concluded that non-elastic sports tape may enhance dynamic muscle support of the ankle. The efficacy of KT in preventing ankle sprains via the same mechanism is unlikely as it had no effect on muscle activation of the fibularis longus.

Wilson et al. (2016) investigated the immediate and long-term effects of the prescribed application (for facilitation) of KT when applied to the dominant lower extremity of healthy individuals. The hypothesis was that balance and functional performance would improve with the prescribed application of KT versus the sham application. The application of Kinesio Tex® tape (KT) results, in theory, in the improvement of muscle contractibility by supporting weakened muscles. The effect of KT on muscle strength has been investigated by numerous researchers who have theorized that KT facilitates an immediate increase in muscle strength by generating a concentric pull on the fascia. The effect of KT on balance and functional performance has been controversial because of the inconsistencies of tension and direction of pull required during application of KT and whether its use on healthy individuals provides therapeutic benefits. Seventeen healthy subjects (9 males; 8 females) ranging from 18-35 years of age (mean age 23.3 ± 0.72), volunteered to participate in this study. KT was applied to the gastrocnemius of the participant's dominant leg using a prescribed application to facilitate muscle performance for the experimental group versus a sham application for the control group. The Biodex Balance System and four hop tests were utilized to assess balance, proprioception, and functional performance beginning on the first day including pre- and immediately post-KT application measurements. Subsequent measurements were performed 24, 72, and 120 hours after tape application. Results demonstrated that there were no significant differences for main and interaction effects between KT and sham groups for the balance and four hop tests. Thus authors concluded that the results of the present study did not indicate any significant differences in balance and functional performance when KT was applied to the gastrocnemius muscle of the lower extremity. Yam et al. (2019) conducted a meta-analysis to determine the effectiveness of using a facilitatory application of KT for lower limb muscle strength and functional performance (distance in a single-leg hop and vertical jump height) in individuals without disabilities and in those with musculoskeletal conditions (muscle fatigue, chronic musculoskeletal diseases, and post-operative orthopaedic conditions). Thirty-seven randomised controlled trials were included. KT was superior to controls for improving lower limb muscle strength in individuals with muscle fatigue and in individuals with chronic musculoskeletal diseases with large effect sizes. The use of KT in populations without disabilities was not supported. There is insufficient evidence for the effect of KT on functional performance in individuals with musculoskeletal conditions. Authors concluded that contrary to prior research, the existing evidence shows that KT can improve lower limb muscle strength in individuals with muscle fatigue and chronic musculoskeletal diseases. The effect sizes produced in this meta-analysis show that KT may be superior to some existing treatments for these conditions. In addition, this study suggests that practitioners may wish to avoid the use of KT in individuals without disabilities.

Wang et al. (2018) compared the effect of Kinesio taping on ankle functional performance with that of other taping methods (non-elastic taping) in healthy individuals and patients with ankle sprain. Ten studies fulfilled the inclusion criteria. The Star Excursion Balance Test results indicated that Kinesio taping was superior to other taping methods (placebo taping or tension-free taping). Authors concluded that Kinesio taping is superior to other taping methods (athletic taping) in ankle functional performance improvement. Martonick et al. (2020) investigated whether KT improves factors of neuromuscular control in an athletic population when compared with no-tape or nonelastic taping techniques. Authors found 5 randomized controlled studies comparing the effects of KT with no-tape or nonelastic taping techniques on lower-extremity neuromuscular control in an athletic population. Primary findings suggest KT is not more effective than no-tape or nonelastic tape conditions at improving lower-extremity neuromuscular control in a healthy population. Authors concluded that the current evidence suggests that KT is ineffective for improving neuromuscular control at the ankle compared with nonelastic tape or no-tape conditions. KT was also found to be ineffective at improving hip and knee kinematics in healthy runners and cyclists. However, preliminary research has demonstrated improved neuromuscular control in a population displaying excessive

knee valgus during a drop jump landing, after the application of KT. They recommend that clinicians should be cautious of these conflicting results and apply the best available evidence to their evaluation of the patient's status.

Miscellaneous

In a pilot feasibility study, Kalichman and colleagues (2010) evaluated the effect of a KT treatment approach on meralgia paresthetica (MP) symptoms. Main outcome measures were visual analog scale (VAS) of MP symptoms (pain/burning sensation/paresthesia) and VAS global quality of life (QOL); the longest and broadest parts of the symptom area were measured. In this single-group study, all outcome measures significantly improved after four (4) weeks of treatment. The authors concluded that KT can be used in the treatment of MP. Future randomized, placebo-controlled trials should be designed with patients and assessors blind to the type of intervention. Kalron and Bar-Sela (2013) reported on a systematic review that assessed the effects of therapeutic Kinesio Taping (KT) on pain and disability in participants suffering from musculoskeletal, neurological and lymphatic pathologies. Twelve met inclusion criteria. The final 12 articles were subdivided according to the basic pathological disorders: musculoskeletal (N=9) (four randomized, controlled trials (RCT), three single blinded RCT, one cross-over trial and one case-control study); neurological (N=1) (RCT); and, lymphatic (N=2) (RCT). As to the effect on musculoskeletal disorders, moderate evidence was found supporting an immediate reduction in pain while wearing KT. In three out of six studies, reduction of pain was superior to that of the comparison group. However, the studies did not include support that indicated any long-term effect. In addition, no evidence was found connecting the KT application to elevated muscle strength or long-term improved range of movement. There was no evidence found to support the effectiveness of KT for neurological conditions. The authors concluded that although KT has been shown to be effective in aiding short-term pain, there is no firm evidence-based conclusion of the effectiveness of this application on the majority of movement disorders within a wide range of pathologic disabilities.

Marotta et al. (2023) aimed at assessing the role of KT among the complex decongestive therapies (CDT) to treat breast cancer-related lymphedema (BCRL). Out of the documents identified, 123 were eligible for data screening, and only 7 RCTs satisfied the eligibility criteria and were included. Authors found that KT might have a positive effect on limb volume reduction in patients with BCRL, albeit there is little evidence for low quality of the included studies. Authors concluded that this systematic review showed that KT did not significantly reduce the upper limb volume in BCRL women, though it seemed to increase the flow rate during the passive exercise. Li et al. (2024) evaluated the potential benefits of Kinesio Tape in improving dysphagia symptoms in individuals who have experienced a stroke. A total of 12 randomized controlled trials consisting of 724 patients were included in the analysis. The results showed that the effective rate of Kinesio taping, swallowing function score, and quality of life score for patients with swallowing disorders were all superior to those of the controls. Authors concluded that Kinesio taping have been shown to improve swallowing function and nutritional status in patients with dysphagia in the pharyngeal phase.

Alcantara et al. (2024) systematically summarized current evidence on the effects of Kinesiotaping on edema reduction on any type of edema. A total of 3750 studies were identified, of which 70 were included in this review, and were organized by body region (face, upper limbs and lower limbs) and by treatment time (short and long term). It was observed that Kinesiotaping was superior to comparison groups in the short-term for face edema and lower limbs. Also, Kinesiotaping was superior to comparison group in the long-term for lower limbs. Kinesiotaping was not superior to the comparison groups for upper limbs in both the short and long-term protocols. Authors concluded that kinesiotaping seems to be an effective intervention to reduce acute edema around the face and potentially in the lower limbs in both short and long-term protocols, although the quality of evidence is very low. However, these positive results were not observed for the upper limbs.

Yang et al. (2024) evaluated the impact of kinesiology taping on individuals suffering from breast cancer-related lymphedema in a systematic review and meta-analysis. Inclusion criteria comprised studies that (1) enrolled participants diagnosed with breast cancer-related lymphedema; (2) implemented kinesiology taping as the intervention; (3) incorporated either complete decongestive therapy, exercise, or sham taping as the control treatment; and (4) included clinical measurements such as the severity of lymphedema, upper limb function assessment, quality of life, and perceived comfort. Data was extracted from 14 randomized controlled trials (RCTs). The analyses demonstrated statistically significant improvement, indicating a preference for kinesiology taping in the outcomes of upper limb functional assessment, quality of life, and perceived comfort. Authors concluded that findings suggest that kinesiology taping could be considered a viable option for individuals dealing with breast cancer-related lymphedema. Nevertheless, acknowledging certain limitations within this study, further confirmation of its benefits necessitates additional larger-scale and better-designed RCTs.

García-Chico et al. (2025) compared the effectiveness of different bandaging techniques in patients with BCRL. A total of 21 RCTs were included in the systematic review (n = 1122) and five could be meta-analyzed (n = 239). The meta-analysis did not reveal significant differences in the reduction of the affected arm volume among different bandaging techniques, including multilayer, kinesio-taping, cohesive, and alginate bandage. Authors concluded that the current scientific evidence does not suggest a clear advantage of one bandaging technique over another, including kinesio-taping and multilayer bandages. Further studies with larger sample sizes are warranted to better understand their potential benefits across the different stages and phases of BCRL management.

Rigid Therapeutic Taping

Orthopedic Conditions

Knee Conditions

Aminaka and Gribble (2008) completed a repeated measures design study looking at patellar taping, patellofemoral pain syndrome (PFPS), lower extremity kinematics and dynamic postural control. Twenty (20) subjects with PFPS and twenty (20) healthy control subjects participated in the study. Participants performed three (3) reaches using the Star Excursion Balance Test with and without tape. Subjects were taped using the medial gliding technique established by Jenny McConnell. Results demonstrated a significant tape by group interaction for pain scores. The PFPS group had reduced pain with taping compared to the no tape condition and the PFPS had significantly higher pain in both tape conditions relative to the control group (as expected). For normalized reach distances, the PFPS group demonstrated less reaching distance than the control group in both tape conditions (again as expected). Additionally, the PFPS group demonstrated a significantly increased reaching distance with tape application vs. no tape. The control group showed a significantly reduced reach with tape vs. without tape. This study may support other study findings that taping reduces knee pain with resultant increases in neuromuscular activity and performance measures, such as this dynamic postural control test. Authors did not feel capable of confirming the underlying mechanism behind their findings.

Callaghan and Selfe (2012) authored a Cochrane Review assessing the effects of patellar taping for treatment of patellofemoral pain syndrome in adults. Taping of the patella involves the application of adhesive sports medical tape (rigid, not elastic) to the front of the knee in a direction or directions that counter malalignment of the patella. Patients often respond with immediate improvement. Studies included in the review included RCTs and quasi-randomized controlled trials testing the effects of patella taping on pain and function. Five (5) studies met this criteria and the majority were at risk of bias. Two hundred (200) participants with a diagnosis of patellofemoral pain syndrome were included in these studies. All studies compared taping versus control groups. Four (4) trials included exercise as well. Given the significant heterogeneity and low quality of the studies, no conclusions could be drawn. Campolo et al. (2013) compared KT and McConnell taping and their effect on anterior knee pain during functional activities. Twenty subjects, mostly female, with unilateral anterior knee pain participated in this study. They performed a squat lift with a weighted box and stair climbing under 3 conditions: 1) no tape, 2) McConnell taping, and 3) KT. Results found that KT and McConnell taping may be effective in reducing pain during stair climbing. Lee and Cho (2013) studied the effect of McConnell taping on the vastus medialis and lateralis activity during squatting in adults with PFPS. Sixteen patients with anterior knee pain received 3 conditions during a squatting activity: 1) no tape, 2) placebo taping, and 3) McConnell taping. Results suggest that McConnell taping improved vastus medialis activity, which authors suggest resulted from a change in patellar position.

Osorio et al. (2013) studied the effects of patellofemoral KT and McConnell taping on strength, endurance and pain. Twenty patients with PFPS participated in this study. Outcome measures evaluated included isokinetic strength and endurance and perceived pain. Results indicated that both taping methods improved clinical measures in patients with PFPS with no significant differences between taping types. Leibbrandt and Louw (2015) presented the available evidence for the effect of McConnell taping on knee biomechanics in individuals with anterior knee pain. Eight heterogeneous studies with a total sample of 220 were included in this review. Pooling of data was possible for three outcomes: average knee extensor moment, average VMO/VL ratio and average VMO-VL onset timing. None of these outcomes revealed significant differences. Authors concluded that the evidence is currently insufficient to justify routine use of the McConnell taping technique in the treatment of anterior knee pain. Chang et al. (2015) conducted a systematic review comparing the effects of Kinesiotaping with McConnell taping as a method of conservative management of patients with patellofemoral pain syndrome

(PFPS). Ninety-one articles were selected from the articles that were retrieved from the databases, and 11 articles were included in the analysis. Authors concluded that Kinesio taping technique used for muscles can relieve pain but cannot change patellar alignment, unlike McConnell taping. Both patellar tapings are used differently for PFPS patients and substantially improve muscle activity, motor function, and quality of life.

Araújo et al. (2016) assessed the effect of patellar taping on muscle activation of the knee and hip muscles in women with Patellofemoral Pain Syndrome during five proprioceptive exercises. Forty sedentary women with syndrome were randomly allocated in two groups: Patellar Taping (based in McConnell) and Placebo (vertical taping on patella without any stretching of lateral structures of the knee). Volunteers performed five proprioceptive exercises randomly: Swing apparatus, Mini-trampoline, Bosu balance ball, Anteroposterior sway on a rectangular board and Mediolateral sway on a rectangular board. All exercises were performed in one-leg stance position with injured knee at flexion of 30° during 15s. Muscle activation was measured by surface electromyography across Vastus Medialis, Vastus Lateralis and Gluteus medius muscles. ANOVA results reported no significant interaction ($P>0.05$) and no significant differences ($P>0.05$) between groups and intervention effects in all exercise conditions. Significant differences ($P<0.01$) were only reported between muscles, where hip presented higher activity than knee muscles. Patellar taping is not better than placebo for changes in the muscular activity of both hip and knee muscles during proprioceptive exercises. Logan et al. (2017) performed a systematic review of the effect of taping techniques on patellofemoral pain syndrome. They investigate the efficacy of knee taping in the management of PFPS and hypothesized that tension taping and exercise would be superior to placebo taping and exercise as well as to exercise or taping alone. Studies included consisted of RCTs with participants of all ages who had anterior knee or patellofemoral pain symptoms and had received nonsurgical management using any taping technique. Five RCTs with 235 total patients with multiple intervention arms were included. Taping strategies included McConnell and Kinesiotaping. This systematic review supports knee taping only as an adjunct to traditional exercise therapy for PFPS; however, it does not support taping in isolation.

Ouyang et al. (2017) sought to determine whether therapeutic taping, which includes elastic (Kinesio tape) and non-elastic (Leukotape) taping, is superior to control taping in improving pain and functions for patients with knee arthritis. In total, 11 studies were included in the review. Of which, five Leukotaping and five Kinesio taping studies involving 379 participants were used in the meta-analysis. Authors concluded that therapeutic taping seemed to be superior to control taping in pain control for knee osteoarthritis. Non-elastic taping, but not elastic taping, provides benefits in pain reduction and functional performance. An international group of scientists and clinicians meets biennially at the International Patellofemoral Research Retreat to share research findings related to patellofemoral pain conditions and develop consensus statements using best practice methods. This consensus statement, from the 5th International Patellofemoral Research Retreat held in Australia in July 2017, focuses on exercise therapy and physical interventions (e.g., orthoses, taping and manual therapy) for patellofemoral pain. Recommendations from the expert panel support the use of exercise therapy (especially the combination of hip-focused and knee-focused exercises), combined interventions and foot orthoses to improve pain and/or function in people with patellofemoral pain. The use of patellofemoral, knee or lumbar mobilisations in isolation, or electrophysical agents, is not recommended. There is uncertainty regarding the use of patellar taping/bracing, acupuncture/dry needling, manual soft tissue techniques, blood flow restriction training and gait retraining in patients with patellofemoral pain (Collins et al., 2018).

In the Patellofemoral Pain Clinical Practice Guideline from the Academy of Orthopaedic Physical Therapy of the American Physical Therapy Association authored by Willy et al. (2019), they recommend that clinicians may use tailored patellar taping in combination with exercise therapy to assist in immediate pain reduction, and to enhance outcomes of exercise therapy in the short term (4 weeks). Importantly, taping techniques may not be beneficial in the longer term or when added to more intensive physical therapy. Taping applied with the aim of enhancing muscle function is not recommended.

Vander Doelen and Jelley (2020) determined the most effective non-surgical treatment interventions for reducing pain and improving function for patients with patellar tendinopathy. Studies considered for this systematic review were from peer-reviewed journals published between January 2012 and September 2017. All included studies used a visual analogue scale (VAS) to evaluate the participant's pain. Nine randomized controlled trials fit the inclusion criteria and were analyzed. One study found patellar strapping and sports taping to be effective for reduction in pain during sport and immediately after. Authors concluded that based on this one study, patellar strapping and sports taping demonstrated a short-term pain relieving and functional improvement effect in subjects with patellar tendinopathy. Wallis et al. (2021) conducted a systematic review to evaluate clinical practice guidelines for the physical therapist management of patellofemoral pain. Four clinical practice guidelines were

included. One guideline evaluated as higher quality provided the most clinically applicable set of recommendations for examination, interventions, and evaluation processes to assess the effectiveness of interventions. Guideline-recommended interventions were consistent for exercise therapy, foot orthoses, patellar taping, patient education, and combined interventions and did not recommend the use of electrotherapeutic modalities. Two guidelines evaluated as higher quality did not recommend using manual therapy (in isolation), dry needling, and patellar bracing. Authors concluded that recommendations from higher-quality clinical practice guidelines may conflict with routine physical therapist management of patellofemoral pain. This review provides guidance for clinicians to deliver high-value physical therapist management of patellofemoral pain.

Duong et al. (2024) published a review paper on evaluation and treatment of knee pain. The only knee condition where taping was recommended was for patellofemoral pain. Authors suggest that for patellofemoral pain, hip and knee strengthening exercises in combination with foot orthoses or patellar taping are recommended, with no indication for surgery. Souto et al. (2024) compared the effectiveness of adjunct treatments combined with exercise to exercise alone in people with patellofemoral pain (PFP) and explore the quality of intervention descriptions in randomised controlled trials (RCTs). Authors included 45 RCTs (2023 participants), with 25 RCTs (1050 participants) contributing to meta-analyses. For self-reported pain and function, very low-certainty evidence indicates that knee taping combined with exercise do not differ from exercise alone.

Shoulder Conditions

Selkowitz et al. (2007) provided moderate evidence to support the use of scapular taping for lower trapezius facilitation and upper trapezius inhibition in subjects with SIS. It has been hypothesized that scapular taping may normalize shoulder function during scapular upward rotation by reducing upper trapezius activity and enhancing lower trapezius muscle activity. Results indicated that when muscle activity was measured during a shelf lift task, upper trapezius activity was significantly lower with taping, especially above ninety (90) degrees. Lower trapezius activity was also significantly higher with tape. No other muscles were affected by the taping application.

Smith et al. (2009) investigated whether taping could change the muscle activity of the upper and lower trapezius in subjects with subacromial impingement syndrome (SIS). Sixteen (16) subjects with SIS and thirty-two (32) controls participated in the study. Surface EMG measured the lower and upper trapezius muscle activity with and without taping during repeated humeral elevation in the scapular plane. Symptomatic subjects demonstrated significantly different muscle activity ratios than the control group, noting increased upper trapezius activity over lower trapezius activity. Taping reduced this ratio significantly by reduction of upper trapezius activity. It appears that taping can help to reduce the resultant trapezius muscle imbalances that occur with SIS.

Miller and Osmotherly (2009) completed a pilot RCT on whether scapula taping facilitates recovery for SIS symptoms. Twenty-two (22) people were recruited into this study. Ten (10) received taping and normal treatment and twelve (12) received normal treatment alone. Scapular taping included two (2) strips- one was anchored over the anterior deltoid and extending posteriorly along the spine of the scapula; and the second strip was anchored over the coracoids process and extended posteriorly in the line of pull of the lower trapezius. Normal treatment included soft tissue massage, joint mobilizations, and scapular and rotator cuff exercises. Primary outcome measures included the visual analogue scale for pain and the SPADI questionnaire. Two (2) weeks following commencement of treatment showed a trend toward greater self-reported improvement in the taped group. These results were not sustained at six (6) weeks. The authors concluded that scapular taping may have a role in treatment of SIS.

McConnell and McIntosh (2009) used rigid taping to reposition the humeral head of asymptomatic tennis players to determine if internal and external rotation ROM was altered. Eleven (11) men and ten (10) female tennis players participated in the study. Results indicated that ROM of each rotation condition increased immediately post taping to the glenohumeral joint in the dominant arm of tennis players. McConnell et al. (2012) followed up their previous study with injured athletes. The goal was to investigate the effect of taping on passive and dynamic internal and external rotation ROM on uninjured and previously injured overhead throwing athletes. Twenty-six (26) overhead throwing athletes (seventeen (17) with no history of shoulder injury and nine (9) with previous shoulder injury) participated in this study. Results demonstrated taping the shoulder significantly increased the passive ROM in both groups. A trend was also noted with increased dynamic rotational ROM in the uninjured subjects, but decreased the dynamic rotational ROM in the previously injured group. Authors concluded that shoulder taping might provide increased protection for the injured athlete by reducing dynamic shoulder rotation. They postulate that this may be due to facilitation of better shoulder and scapular muscle control. Grampurohit et al. (2015) systematically reviewed the efficacy of adhesive taping as an adjunct to physical rehabilitation on

outcomes related to body function and structure, activity, and participation post-stroke. Fifteen studies met the inclusion criteria. Two used elastic tape and 13 used rigid tape. The evidence quality ranged from poor to good, and included seven shoulder, one wrist, two hip, one knee, and four ankle studies. There were four good-quality studies. Preliminary evidence suggests that use of rigid adhesive tape as an adjunct may increase the number of pain-free days at the shoulder. Evidence for the improvement of pain intensity, range of motion, muscle tone, strength, or function with taping is inconclusive. The evidence related to activity and participation is insufficient. The use of adhesive taping post-stroke needs further and more rigorous research to compare the types, methods and dosage of taping.

Apeldoorn et al. (2017) assessed the effectiveness of individualized physiotherapy in combination with rigid taping compared with individualized physiotherapy alone in patients with subacromial pain syndrome. A total of 140 patients participated in the study. The intervention group received individualized physiotherapy and shoulder taping. The control group received individualized physiotherapy only. Primary outcomes were: pain intensity (numerical rating scale) and functioning (Simple Shoulder Test). Secondary outcomes were: global perceived effect and patient-specific complaints. Data were collected at baseline, and at 4, 12 and 26 weeks' follow-up. Based on results, the authors concluded that rigid shoulder taping cannot be recommended for improving physiotherapy outcomes in people with subacromial pain syndrome.

Elbow/Wrist/Hand Pain

A systematic review and meta-analysis (Bisset, et al., 2005) of randomized, clinical trials of physical interventions for lateral epicondylalgia (tennis elbow) was performed. Regarding taping as a treatment for this condition, it was noted that, "No firm conclusions on orthotics or tape can be confidently drawn from the outcomes of only three studies that have different timelines for measurements and different comparison groups. Further research is required before any firm conclusions can be drawn." Giray et al. (2019) compared efficacy of kinesiotaping, sham taping, or exercises only in the treatment of lateral epicondylitis. Subjects were 30 patients with lateral epicondylitis for less than 12 weeks and randomized into 3 groups: kinesiotaping plus exercises (n = 10), sham taping plus exercises (n = 10), and control (exercises only) (n = 10) groups. All recipients were provided a home exercise program including strengthening and stretching exercises. In kinesiotaping and sham taping groups, tapings were performed and changed every 3-4 d for 2 weeks. Authors concluded that kinesiotaping in addition to exercises is more effective than sham taping and exercises only in improving pain in daily activities and arm disability due to lateral epicondylitis. Balevi et al. (2021) aimed to evaluate the short term and residual effectiveness of the Kinesio taping method on pain, grip force, quality of life, and functionality. Subjects were 50 patients diagnosed with chronic unilateral lateral epicondylitis with a symptom duration of at least 12 weeks. During the first four weeks, the study group received a true inhibitor Kinesio taping while the control group received sham taping. In both groups, progressive stretching and strengthening exercises were given as a home program for six weeks. After the treatment, patients were evaluated by the first assessor who was blinded to taping types. There was a significant decrease in NRS scores overtime during the first four weeks in both groups and effect sizes were large. Authors concluded that the effects of Kinesio taping on muscle strength, quality of life, and function in chronic lateral epicondylitis are not superior to placebo. However, NRS scores showed that in the two weeks after Kinesio taping treatment, pain reduction persisted as a residual effect which may improve the exercise adherence and functionality

de Sire et al. (2021) investigated the effectiveness of KT compared to a sham taping on symptoms and hand function in patients affected by mild CTS. 42 patients affected by mild CTS with symptoms for at least 8 weeks were enrolled and randomly allocated into two groups: KT group, according to the technique proposed by Kase plus specific exercises; control group, undergoing a sham taping plus specific exercise. All patients performed 2 sessions/week for 5 weeks of exercises of mobilization of fingers and carpal joint. At the baseline, after 5 weeks (T1), and after 6 months (T2), a physician unaware of patients' allocation assessed the Boston Carpal Tunnel Questionnaire (BCTQ) symptom (BCTQ-S) and functional (BCTQ-F) subscales. At T1, in both groups, significant improvement in hand function and symptoms was noted. At T2, only in the KT group there was a significant difference in both sub-items of primary outcome. There were significantly better results in the KT group at T1 and T2. The present study showed that KT compared to a sham taping might be more effective in reducing perceived symptoms in mild CTS patients, reporting a clinically significant difference. Authors concluded that KT might be considered as an effective technique combined to rehabilitative treatment in terms of hand function and symptoms in patients affected by mild CTS.

Musculoskeletal Conditions

Cupler et al. (2020) summarized and map the evidence related to taping methods used for various joints and

conditions of the musculoskeletal system. Eligible studies were selected by two independent reviewers and included either systematic reviews (SRs) or randomized controlled trials (RCTs) and included a musculoskeletal complaint using a clinical outcome measure. Twenty-five musculoskeletal conditions were summarized from forty-one SRs and 127 RCTs. There were 6 SRs and 49 RCTs for spinal conditions. Kinesio tape was the most common type of tape considered. There is mixed quality evidence of effectiveness for the different types of taping methods for different body regions and conditions. Results included the following:

Lower Extremity

- There is moderate evidence that the inclusion of KT in the treatment plan of PFPS is equivocal. There is moderate evidence that the inclusion of McConnell taping (Mc-T) in the treatment plan of PFPS is equivocal.
- There is strong evidence that rigid taping is a useful adjunctive treatment in the management of pain and function in the short-term for patients with knee OA.
- There is moderate evidence that the inclusion of KT in the treatment of knee OA is favorable.
- There is moderate evidence that Mc-T is favorable in the treatment of pain and function for knee OA.
- There is promising weak evidence that rigid taping is superior to cast immobilization for recurrence of lateral patellar dislocation.
- There is promising weak evidence that KT is superior to orthotics for the management of tibial stress syndrome with respect to pain and function.
- There is moderate evidence that the inclusion of rigid taping in the treatment plan of grade II and grade III ankle sprains is equivocal.
- There is moderate evidence that the inclusion of KT in the treatment plan of grade II and grade III ankle sprains is unfavorable.
- There is moderate evidence that the inclusion of rigid taping in the treatment of plantar fasciitis or heel pain is equivocal.
- There is promising weak evidence that KT taping may provide adjunctive benefit to multimodal conservative treatment for plantar fasciitis or heel pain.
- There is promising weak evidence that Mulligan taping may provide adjunctive benefit to multimodal conservative treatment for plantar fasciitis or heel pain.

Upper Extremity

- There is moderate evidence that rigid taping provides additional improvement to exercise and manual therapy for the treatment of SIS conditions.
- There is moderate evidence that the inclusion of KT in the treatment plan of SIS is equivocal.
- There is promising weak evidence that Mulligan taping adds benefit to manual therapy in the treatment of SIS conditions.
- There is promising weak evidence that rigid taping is a useful adjunct to physical therapy for pain or disability in the treatment of lateral epicondylalgia.
- There is moderate evidence that the use of KT as adjunct to physical therapy for pain or disability in the treatment of lateral epicondylalgia is equivocal.
- There is moderate evidence that the use of KT in the treatment of pain and disability for carpal tunnel syndrome is equivocal.
- There is promising weak evidence that KT provides benefits to improve pain or swelling in the treatment of de Quervain's syndrome.
- There is promising weak evidence that rigid tape provides benefit to improve pain and function in the treatment of dorsal wrist pain.
- There is moderate evidence that KT to improve pain or functional improvement in the treatment of OA of the proximal interphalangeal joint is equivocal.

Spine

- There is moderate quality evidence that KT provides adjunctive benefit to minimal care for pain control for the treatment of acute low back pain.
- There is moderate evidence that the inclusion of KT in the treatment plan of lumbar disc herniation is equivocal.
- There is moderate evidence that KT is beneficial for improving pain and disability for the treatment of pregnancy-related low back pain.

- There is moderate evidence that KT is beneficial for improving pain and function for the treatment of diastasis recti abdominis.
- There is strong evidence that KT improves pain and disability in patients with chronic non-specific low back pain.
- There is weak quality evidence that rigid tape is superior to no treatment for pain and function for the treatment of sacroiliac joint dysfunction.
- There is moderate evidence that KT alone or as part of multimodal rehabilitation is equivocal in the treatment of pain and kyphotic angle in cases of postmenopausal osteoporosis.
- There is strong evidence that KT for mechanical neck pain is discouraged.
- There is moderate evidence that the inclusion of KT in the treatment plan of upper trapezius pain is equivocal.
- There is moderate evidence that the inclusion of KT in the treatment plan of whiplash associated neck pain is equivocal.

Miscellaneous

- There is moderate evidence that KT is not superior in the treatment of pain and disability compared to occlusal splint, ischemic compression or exercise in people with temporomandibular joint dysfunction.
- There is weak evidence that KT is not beneficial for pain and function in patients with myofascial pain syndrome.
- There is weak evidence that rigid taping may be beneficial for pain and function in people with active osteoporotic compression fractures.

Neurologic Conditions

Shoulder Pain

Hanger et al. (2000) completed an RCT of strapping to prevent post-stroke shoulder pain. Often patients who have suffered a stroke with resultant hemiplegia experience shoulder pain due to instability and tissue stress. Authors suggest that strapping, using rigid taping methods, may prevent shoulder pain, assist with reducing the severity of pain, maintain ROM, and improve functional outcomes for the upper extremity and patient. All ninety-eight (98) patients included in the study had weakness of shoulder abduction. The treatment group received strapping for six (6) weeks in addition to standard physical therapy. The control group received only standard care with no strapping. No significant differences were noted for pain, ROM, or functional outcomes after each assessment. There was trend for pain reduction at six (6) weeks and upper limb function at the final assessment.

Griffin and Bernhardt (2006) also conducted an RCT on hemiplegic shoulder pain and strapping. They wanted to determine whether therapeutic strapping of the 'at risk' shoulder prevented or delayed pain in the shoulder of hemiplegic patients. Thirty-three (33) 'at risk' patients were identified based on whether muscle function was low or non-existent around the shoulder. They were then randomized into two (2) groups- therapeutic or placebo strapping for four (4) weeks. The third or "control" group received standard care without taping. Results demonstrated a significant higher number of pain-free days between the therapeutic strapping group and the control group (26.2 vs. 15.9 days). ROM and function improved but no significant differences were noted between groups. Placebo strapping also had an effect but a larger sample size is needed to confirm whether there are differences between the therapeutic and placebo strapping.

Hip Conditions

Kilbreath et al. (2006) completed a study on gluteal taping and its impact on hip extension in walking following stroke. McConnell has described gluteal taping as a strategy to improve hip and pelvis mechanics in patients with chronic low back pain. She hypothesized that taping may reduce the effective muscle length, placing it at a mechanical advantage. It may also restrict flexion of the hip or improve proprioception at the hip joint as well. This study attempted to relate these theories to gait following stroke. Fifteen (15) volunteers with a history of stroke participated in this study. Three (3) conditions were completed- control with no tape, gluteal taping, and sham taping. Gluteal taping used three (3) strips; one going medial to lateral and superior to greater trochanter, another from medial aspect to top of buttock, and third from the superior end of the second piece of tape to the greater trochanter. Sham taping included two (2) pieces, both placed horizontally across the buttock. Findings demonstrated that gluteal taping resulted in an immediate improvement in hip extension at the end of single support, with a small increase in step length on the unaffected side. As soon as the tape was removed the change

was lost. The mechanism of effect of gluteal taping was not confirmed; however authors postulate that proprioceptive alterations are not likely given that sham taping did not result in any change.

Musculoskeletal Conditions

Cupler et al. (2020) summarized and map the evidence related to taping methods used for various joints and conditions of the musculoskeletal system. Eligible studies were selected by two independent reviewers and included either systematic reviews (SRs) or randomized controlled trials (RCTs) and included a musculoskeletal complaint using a clinical outcome measure. Twenty-five musculoskeletal conditions were summarized from forty-one SRs and 127 RCTs. There were 6 SRs and 49 RCTs for spinal conditions. Kinesio tape was the most common type of tape considered. There is mixed quality evidence of effectiveness for the different types of taping methods for different body regions and conditions. Results included the following:

Lower Extremity

- There is moderate evidence that the inclusion of KT in the treatment plan of PFPS is equivocal. There is moderate evidence that the inclusion of McConnell taping (Mc-T) in the treatment plan of PFPS is equivocal.
- There is strong evidence that rigid taping is a useful adjunctive treatment in the management of pain and function in the short-term for patients with knee OA.
- There is moderate evidence that the inclusion of KT in the treatment of knee OA is favorable.
- There is moderate evidence that Mc-T is favorable in the treatment of pain and function for knee OA.
- There is promising weak evidence that rigid taping is superior to cast immobilization for recurrence of lateral patellar dislocation.
- There is promising weak evidence that KT is superior to orthotics for the management of tibial stress syndrome with respect to pain and function.
- There is moderate evidence that the inclusion of rigid taping in the treatment plan of grade II and grade III ankle sprains is equivocal.
- There is moderate evidence that the inclusion of KT in the treatment plan of grade II and grade III ankle sprains is unfavorable.
- There is moderate evidence that the inclusion of rigid taping in the treatment of plantar fasciitis or heel pain is equivocal.
- There is promising weak evidence that KT taping may provide adjunctive benefit to multimodal conservative treatment for plantar fasciitis or heel pain.
- There is promising weak evidence that Mulligan taping may provide adjunctive benefit to multimodal conservative treatment for plantar fasciitis or heel pain.

Upper Extremity

- There is moderate evidence that rigid taping provides additional improvement to exercise and manual therapy for the treatment of SIS conditions.
- There is moderate evidence that the inclusion of KT in the treatment plan of SIS is equivocal.
- There is promising weak evidence that Mulligan taping adds benefit to manual therapy in the treatment of SIS conditions.
- There is promising weak evidence that rigid taping is a useful adjunct to physical therapy for pain or disability in the treatment of lateral epicondylalgia.
- There is moderate evidence that the use of KT as adjunct to physical therapy for pain or disability in the treatment of lateral epicondylalgia is equivocal.
- There is moderate evidence that the use of KT in the treatment of pain and disability for carpal tunnel syndrome is equivocal.
- There is promising weak evidence that KT provides benefits to improve pain or swelling in the treatment of de Quervain's syndrome.
- There is promising weak evidence that rigid tape provides benefit to improve pain and function in the treatment of dorsal wrist pain.
- There is moderate evidence that KT to improve pain or functional improvement in the treatment of OA of the proximal interphalangeal joint is equivocal.

Spine

- There is moderate quality evidence that KT provides adjunctive benefit to minimal care for pain control for the treatment of acute low back pain.

- There is moderate evidence that the inclusion of KT in the treatment plan of lumbar disc herniation is equivocal.
- There is moderate evidence that KT is beneficial for improving pain and disability for the treatment of pregnancy-related low back pain.
- There is moderate evidence that KT is beneficial for improving pain and function for the treatment of diastasis recti abdominis.
- There is strong evidence that KT improves pain and disability in patients with chronic non-specific low back pain.
- There is weak quality evidence that rigid tape is superior to no treatment for pain and function for the treatment of sacroiliac joint dysfunction.
- There is moderate evidence that KT alone or as part of multimodal rehabilitation is equivocal in the treatment of pain and kyphotic angle in cases of postmenopausal osteoporosis.
- There is strong evidence that KT for mechanical neck pain is discouraged.
- There is moderate evidence that the inclusion of KT in the treatment plan of upper trapezius pain is equivocal.
- There is moderate evidence that the inclusion of KT in the treatment plan of whiplash associated neck pain is equivocal.

Miscellaneous

- There is moderate evidence that KT is not superior in the treatment of pain and disability compared to occlusal splint, ischemic compression or exercise in people with temporomandibular joint dysfunction.
- There is weak evidence that KT is not beneficial for pain and function in patients with myofascial pain syndrome.
- There is weak evidence that rigid taping may be beneficial for pain and function in people with active osteoporotic compression fractures.

References

1. Added MA, Costa LO, de Freitas DG, Fukuda TY, Monteiro RL, Salomão EC, de Medeiros FC, Costa Lda C. Kinesio Taping Does Not Provide Additional Benefits in Patients With Chronic Low Back Pain Who Receive Exercise and Manual Therapy: Randomized Controlled Trial. *J Orthop Sports Phys Ther.* 2016 Jul; 46(7):506-13.
2. Ager AL, de Oliveira FCL, Roy JS, Borms D, Deraedt M, Huyge M, Deschepper A, Cools AM. Effects of elastic kinesiology taping on shoulder proprioception: a systematic review. *Braz J Phys Ther.* 2023 May-Jun;27(3):100514.
3. Agyenkwa SK, Abualkhair D, Mustafaoglu R, Orabi AA. The effectiveness of kinesiology taping on balance, gait, and gross motor function in the lower limbs of children with cerebral palsy: a systematic review. *Rev Assoc Med Bras (1992).* 2024;70(8):e20240300. Published 2024 Aug 16. doi:10.1590/1806-9282.20240300
4. Ahlman, J. T., Attale, T., Bell, J., Besleaga, A., & Boudreau, A. J. (2017). *CPT 2018 (CPT/Current Procedural Terminology)* [Professional ed.]. Chicago: American Medical Association.
5. Alcantara DAA, Santos FNAD, Ferreira JJA, de Noronha M, Andrade PR. The effect of kinesiotaping on edema: A systematic review and meta-analysis. *Musculoskelet Sci Pract.* 2024;74:103168. doi:10.1016/j.msksp.2024.103168
6. Aldalati AY, Hussein AM, Hammadeh BM, Alrabadi B, Albliwi M, Abuassi M. Effectiveness of Kinesio taping without physical therapy for knee osteoarthritis: a systematic review and meta-analysis of randomized controlled trials. *Rheumatol Int.* 2025;45(5):99. Published 2025 Apr 15. doi:10.1007/s00296-025-05853-z

7. Al-Shareef AT, Omar MT, Ibrahim AH. Effect of Kinesio Taping on Pain and Functional Disability in Chronic Nonspecific Low Back Pain: A Randomized Clinical Trial. *Spine* 2016 Jul 15; 41(14):E821-8.
8. American Academy of Orthopaedic Surgeons (AAOS). Management of Distal Radius Fracture Evidence-Based Clinical Practice Guideline. Published December 5, 2020. Accessed March 4, 2026. Available at URL address: <https://www.aaos.org/globalassets/quality-and-practice-resources/distal-radius/drfcpg.pdf>
9. American Academy of Orthopaedic Surgeons Management of Carpal Tunnel Syndrome Evidence-Based Clinical Practice Guideline. <https://www.aaos.org/cts2cpg> Published May 18, 2024. Accessed March 4, 2026. Available at URL address: <https://www.aaos.org/globalassets/quality-and-practice-resources/carpal-tunnel/carpal-tunnel-2024/cts-cpg.pdf>
10. American Academy of Orthopaedic Surgeons (AAOS) Management of Glenohumeral Joint Osteoarthritis Evidence-Based Clinical Practice Guideline. Published March 23, 2020. Accessed March 4, 2026. Available at URL address: <https://www.aaos.org/globalassets/quality-and-practice-resources/glenohumeral/gjo-cpg.pdf>
11. American Academy of Orthopaedic Surgeons (AAOS). Finger Fractures. Available at: <https://orthoinfo.aaos.org/en/diseases--conditions/finger-fractures/>. Accessed on March 4, 2026.
12. American Academy of Orthopaedic Surgeons (AAOS). Toe and Forefoot Fractures. Available at: <https://orthoinfo.aaos.org/en/diseases--conditions/toe-and-forefoot-fractures/>. Accessed on March 4, 2026.
13. American Academy of Orthopaedic Surgeons (AAOS). Management of Osteoarthritis of the Knee (Non-Arthroplasty) Evidence-Based Clinical Practice Guideline. Published August 30, 2021. Accessed March 4, 2026. Available at URL address: <https://www.aaos.org/globalassets/quality-and-practice-resources/osteoarthritis-of-the-knee/oak3cpg.pdf>
14. Aminaka N, Gribble PA. A systematic review of the effects of therapeutic taping on patellofemoral pain syndrome. *J Athl Train*. 2005 Oct-Dec; 40(4):341-51.
15. Aminaka N, Gribble PA. Patellar taping, patellofemoral pain syndrome, lower extremity kinematics, and dynamic postural control. *J Athl Train*. 2008 Jan-Mar; 43(1):21-8
16. Andermahr J, Helling HJ, Maintz D, et al. The injury of the calcaneocuboid ligaments. *Foot Ankle Int*. 2000; 21(5):379-384.
17. Apeldoorn AT, Kamper SJ, Kalter J, Knol DL, van Tulder MW, Ostelo RW. Rigid shoulder taping with physiotherapy in patients with subacromial pain syndrome: A randomized controlled trial. *J Rehabil Med*. 2017 Apr 6;49(4):347-353.
18. Araújo CG, de Souza Guerino Macedo C, Ferreira D, Shigaki L, da Silva RA. McConnell's patellar taping does not alter knee and hip muscle activation differences during proprioceptive exercises: A randomized placebo-controlled trial in women with patellofemoral pain syndrome. *J Electromyogr Kinesiol*. 2016 Sep 21; 31:72-80.
19. Araujo AC, do Carmo Silva Parreira P, Junior LCH, et al. Medium term effects of kinesio taping in patients with chronic non-specific low back pain: a randomized controlled trial. *Physiotherapy*. 2018;104(1):149-151.
20. Araya-Quintanilla F, Gutiérrez-Espinoza H, Sepúlveda-Loyola W, Probst V, Ramírez-Vélez R, Álvarez-Bueno C. Effectiveness of kinesiotaping in patients with subacromial impingement syndrome: A systematic review with meta-analysis. *Scand J Med Sci Sports*. 2022;32(2):273-289. doi:10.1111/sms.14084

21. Ardèvol J, Bolívar I, Belda V, Argilaga S. Treatment of complete rupture of the lateral ligaments of the ankle: a randomized clinical trial comparing cast immobilization with functional treatment. *Knee Surg Sports Traumatol Arthrosc.* 2002; 10(6):371-377.
22. Arnold BL, Docherty CL. Bracing and rehabilitation--what's new. *Clin Sports Med.* 2004; 23(1):83-95. Barouk P, Bohay DR, Trnka HJ, et al. Lesser metatarsal surgery. *Foot Ankle Spec.* 2010; 3(6):356-360.
23. Aydin Yağcıoğlu G, Alemdaroğlu Gürbüz İ, Karaduman A, Bulut N, Yilmaz Ö. Kinesiology Taping in Duchenne Muscular Dystrophy: Acute Effects on Performance, Gait Characteristics, and Balance. *Dev Neurorehabil.* 2021;24(3):199-204. doi:10.1080/17518423.2020.1839805
24. Azimi A, Dizaji SR, Tabatabaei FS, Safari S, Nakhaei Amroodi M, Azimi AF. Effect of Postoperative Kinesio Taping on Knee Edema, Pain, and Range of Motion After Total Knee Arthroplasty and Anterior Cruciate Ligament Reconstruction: A Systematic Review and Meta-analysis of Randomized Clinical Trials. *JBJS Rev.* 2024;12(3):e23.00221. Published 2024 Mar 15. doi:10.2106/JBJS.RVW.23.00221
25. Balevi ISY, Karaoglan B, Batur EB, Acet N. Evaluation of short-term and residual effects of Kinesio taping in chronic lateral epicondylitis: A randomized, double-blinded, controlled trial [published online ahead of print, 2021 Nov 1]. *J Hand Ther.* 2021;S0894-1130(21)00144-7.
26. Bassett B. Proximal phalanx fractures. In: UpToDate, Post TW (Ed), UpToDate, Waltham, MA.
27. Batista NP, de Oliveira Silva D, Mochizuki L, Norte GE, Bazett-Jones DM. Clinic- and laboratory-based measures of postural control in patellofemoral pain: A systematic review with meta-analysis and evidence gap map. *Gait Posture.* 2024 Mar;109:189-200.
28. Bicici S, Karatas N, Baltaci G. Effect of athletic taping and kinesiotaping® on measurements of functional performance in basketball players with chronic inversion ankle sprains. *Int J Sports Phys Ther.* 2012 Apr;7(2):154-66.
29. Bisset L, Paungmali A, Vicenzino B, Beller E. A systematic review and meta-analysis of clinical trials on physical interventions for lateral epicondylalgia. *Br J Sports Med.* 2005 Jul;39(7):411-22; discussion 411-22.
30. Biundo JJ. Bursitis, tendinitis, and other periarticular disorders and sports medicine. In: Goldman L, Schafer AI, editors. *Cecil textbook of medicine.* 24th ed. Philadelphia, PA: W.B. Saunders Company; 2012.
31. Biz C, Nicoletti P, Tomasin M, Bragazzi NL, Di Rubbo G, Ruggieri P. Is Kinesio Taping Effective for Sport Performance and Ankle Function of Athletes with Chronic Ankle Instability (CAI)? A Systematic Review and Meta-Analysis. *Medicina (Kaunas).* 2022;58(5):620. Published 2022 Apr 29.
32. Blanco-Diaz M, Palacios LR, Martinez-Cerón MDR, Perez-Dominguez B, Diaz-Mohedo E. Physiotherapy approaches for coccydynia: evaluating effectiveness and clinical outcomes. *BMC Musculoskelet Disord.* 2025;26(1):514. Published 2025 May 26. doi:10.1186/s12891-025-08744-3
33. Boutis K. Metatarsal and toe fractures in children. In: UpToDate, Post TW (Ed), UpToDate, Waltham, MA. (Accessed on April 11, 2018) Braakman M, Oderwald EE, Haentjens MH. Functional taping of fractures of the 5th metacarpal results in a quicker recovery. *Injury.* 1998; 29(1):5-9.
34. Brandon R. Taped for recovery: exploring therapeutic taping for treatment of sports injuries. *Rehab Manag.* 2011 Mar; 24(2):26, 28-9.
35. Briem, K., Eythörsdóttir, H., Magnúsdóttir, R. G., Pálmarsson, R., Rúnarsdóttir, T, and Sveinsson, T. (2011). Effects of kinesio tape compared with non-elastic sports tape and the untaped ankle during a sudden inversion perturbation in male athletes. *Journal of Orthopaedic and Sports Physical Therapy,* 41(5), 328-335.

36. Brunton LM, Graham TJ, Atkinson RE. Hand Injuries. In: Miller MD, Thompson SR, Delee & Drez's Orthopaedic Sports Medicine. 4th Ed. Philadelphia: Saunders, an imprint of Elsevier Inc; 2014.
37. Buchbinder R. Plantar fasciitis. In: UpToDate, Post TW (Ed), UpToDate, Waltham, MA. Accessed on March 4, 2026. Available at URL address: <https://www.uptodate.com/contents/plantar-fasciitis>
38. Campolo M, Babu J, Dmochowska K, Scariah S, Varughese J. A comparison of two taping techniques (kinesio and mcconnell) and their effect on anterior knee pain during functional activities. *Int J Sports Phys Ther.* 2013 Apr; 8(2):105-10.
39. Callaghan MJ, Selfe J. Patellar taping for patellofemoral pain syndrome in adults. *Cochrane Database Syst Rev.* 2012 Apr 18;4:CD006717.
40. Campbell WW, Landau ME. Controversial entrapment neuropathies. *Neurosurg Clin N Am.* 2008 Oct;19(4):597-608, vi-vii.
41. Canale T, Beaty JH, editors: Campbell's operative orthopaedics. 12th ed. Philadelphia: Mosby, Inc., an affiliate of Elsevier Inc; 2013.
42. Carcia CR, Martin RL, Houck J, Wukich DK; Orthopaedic Section of the American Physical Therapy Association. Achilles pain, stiffness, and muscle power deficits: achilles tendinitis. *J Orthop Sports Phys Ther.* 2010 Sep;40(9):A1-26.
43. Castro-Sánchez AM, Lara-Palomo IC, Matarán-Peñarrocha GA, Fernández-Sánchez M, Sánchez-Labraca N, Arroyo-Morales M. Kinesio Taping reduces disability and pain slightly in chronic non-specific low back pain: a randomised trial. *J Physiother.* 2012;58(2):89-95.
44. Chiodo CP, Jupiter JB, Ring D. Approach to Common Problems of the Foot and Ankle. In: Goroll, AH, Mulley AG editors. Primary Care Medicine: Office Evaluation and Management of the Adult Patient, 6th Ed. Lippincott Williams & Wilkins; Philadelphia: 2009.
45. Celik D, Karaborklu Argut S, Coban O, Eren I. The clinical efficacy of kinesio taping in shoulder disorders: a systematic review and meta analysis. *Clin Rehabil.* 2020 Jun;34(6):723-740.
46. Centers for Medicare and Medicaid Services. Local Coverage Determination (LCD): Outpatient Physical and Occupational Therapy Services (L33631). <https://www.cms.gov/medicare-coverage-database/details/lcd-details.aspx?LCDId=33631&ver=51&NCDId=72&ncdver=1&SearchType=Advanced&CoverageSelection=Both&NCSelection=NCD%7cTA&ArticleType=Ed%7cKey%7cSAD%7cFAQ&PolicyType=Final&s=%26mdash%3b-%7c5%7c6%7c66%7c67%7c9%7c38%7c63%7c41%7c64%7c65%7c44&Keyword=laser+procedures&KeywordLookUp=Doc&KeywordSearchType=And&kq=true&bc=IAAAABgAAAA&>. Accessed on March 4, 2026.
47. Chalmer J, Blakeway M, Adams Z, Milan SJ. Conservative interventions for treating hyperextension injuries of the proximal interphalangeal joints of the fingers. *Cochrane Database Syst Rev.* 2013;(2):CD009030.
48. Chang HY, Chou KY, Lin JJ, Lin CF, Wang CH. Immediate effect of forearm Kinesiotaping on maximal grip strength and force sense in healthy collegiate athletes. *Phys Ther Sport.* 2010 Nov; 11(4):122-7.
49. Chang HY, Wang CH, Chou KY, Cheng SC. Could forearm kinesio taping improve strength, force sense, and pain in baseball pitchers with medial epicondylitis? *Clin J Sport Med.* 2012 Jul; 22(4):327-33.
50. Chang WD, Chen FC, Lee CL, Lin HY, Lai PT. Effects of Kinesio Taping versus McConnell Taping for Patellofemoral Pain Syndrome: A Systematic Review and Meta-Analysis. *Evid Based Complement Alternat Med.* 2015; 2015:471208.

51. Chen L, Ferreira ML, Beckenkamp PR, Caputo EL, Feng S, Ferreira PH. Comparative Efficacy and Safety of Conservative Care for Pregnancy-Related Low Back Pain: A Systematic Review and Network Meta-analysis. *Phys Ther.* 2021;101(2):pzaa200.
52. Chen P, Wang L, Zhou W, Wang L. Efficacy on knee function of Kinesio taping among individuals with anterior cruciate ligament reconstruction: A systematic review. *PLoS One.* 2024 Feb 29;19(2):e0299008.
53. Chou R, Huffman LH; American Pain Society; American College of Physicians. Nonpharmacologic therapies for acute and chronic low back pain: a review of the evidence for an American Pain Society/American College of Physicians clinical practice guideline. *Ann Intern Med.* 2007 Oct 2;147(7):492-504.
54. Chou R, Qaseem A, Snow V, Casey D, Cross JT Jr, Shekelle P, Owens DK; Clinical Efficacy Assessment Subcommittee of the American College of Physicians; American College of Physicians; American Pain Society Low Back Pain Guidelines Panel. Diagnosis and treatment of low back pain: a joint clinical practice guideline from the American College of Physicians and the American Pain Society. *Ann Intern Med.* 2007 Oct 2;147(7):478-91.
55. Chou R, Deyo R, Friedly J, Skelly A, Hashimoto R, Weimer M, et al. Noninvasive Treatments for Low Back Pain. Comparative Effectiveness Review No. 169. (Prepared by the Pacific Northwest Evidence-based Practice Center under Contract No. 290-2012-00014-I.) AHRQ Publication No. 16-EHC004-EF. Rockville, MD: Agency for Healthcare Research and Quality; February 2016. Accessed March 3, 2026. Available at URL address: https://www.ncbi.nlm.nih.gov/books/NBK350276/pdf/Bookshelf_NBK350276.pdf
56. Clarke NM, Castaneda P. Strategies to improve nonoperative childhood management. *Orthop Clin North Am.* 2012 Jul;43(3):281-9.
57. Clinical Practice Guideline Forefoot Disorders Panel, Thomas JL, Blitch EL 4th, Chaney DM, Dinucci KA, Eickmeier K, Rubin LG, et al. Diagnosis and treatment of forefoot disorders. Section 1: digital deformities. *J Foot Ankle Surg.* 2009 Mar-Apr;48(2):230-8.
58. Clinical Practice Guideline Forefoot Disorders Panel, Thomas JL, Blitch EL 4th, Chaney DM, Dinucci KA, Eickmeier K, Rubin LG, Stapp MD, Vanore JV. Diagnosis and treatment of forefoot disorders. Section 3. Morton's intermetatarsal neuroma. *J Foot Ankle Surg.* 2009a Mar-Apr;48(2):251-6.
59. Clinical Practice Guideline Forefoot Disorders Panel, Thomas JL, Blitch EL 4th, Chaney DM, Dinucci KA, Eickmeier K, Rubin LG, Stapp MD, Vanore JV. Diagnosis and treatment of forefoot disorders. Section 5. Trauma. *J Foot Ankle Surg.* 2009b Mar-Apr;48(2):264-72.
60. Clinical Practice Guideline Forefoot Disorders Panel, Thomas JL, Blitch EL 4th, Chaney DM, Dinucci KA, Eickmeier K, Rubin LG, Stapp MD, Vanore JV. Diagnosis and treatment of forefoot disorders. Section 4. Tailor's bunion. *J Foot Ankle Surg.* 2009c Mar-Apr;48(2):257-63.
61. Clinical Practice Guideline Forefoot Disorders Panel, Thomas JL, Blitch EL 4th, Chaney DM, Dinucci KA, Eickmeier K, Rubin LG, Stapp MD, Vanore JV. Diagnosis and treatment of forefoot disorders. Section 1: digital deformities. *J Foot Ankle Surg.* 2009d May-Jun;48(3):418.e1-9.
62. Clinical Practice Guideline Forefoot Disorders Panel, Thomas JL, Blitch EL 4th, Chaney DM, Dinucci KA, Eickmeier K, Rubin LG, Stapp MD, Vanore JV. Diagnosis and treatment of forefoot disorders. Section 2. Central metatarsalgia. *J Foot Ankle Surg.* 2009e Mar-Apr;48(2):239-50.
63. Collins NJ, Barton CJ, van Middelkoop M, Callaghan MJ, Rathleff MS, Vicenzino BT, Davis IS, Powers CM, Macri EM, Hart HF, de Oliveira Silva D, Crossley KM. 2018 Consensus statement on exercise therapy and physical interventions (orthoses, taping and manual therapy) to treat patellofemoral pain: recommendations from the 5th International Patellofemoral Pain Research Retreat, Gold Coast, Australia, 2017. *Br J Sports Med.* 2018 Sep;52(18):1170-1178.

64. Csapo R, Alegre LM. Effects of Kinesio® taping on skeletal muscle strength-A meta-analysis of current evidence. *J Sci Med Sport*. 2014 Jun 27.
65. Cunha AB, Lima-Alvarez CD, Rocha ACP, Tudella E. Effects of elastic therapeutic taping on motor function in children with motor impairments: a systematic review. *Disabil Rehabil*. 2018 Jul;40(14):1609-1617.
66. Cupler ZA, Alrwaily M, Polakowski E, Mathers KS, Schneider MJ. Taping for conditions of the musculoskeletal system: an evidence map review. *Chiropr Man Therap*. 2020 Sep 15;28(1):52.
67. Danazumi MS, Ibrahim SU, Yakasai AM, Dermody G, Bello B, Kaka B. A Comparison Between the Effect of Combined Chain Exercises Plus Kinesio Taping With Combined Chain Exercises Alone in Knee Osteoarthritis: A Randomized Clinical Trial. *Am J Phys Med Rehabil*. 2021;100(11):1070-1077.
68. Delitto A, George SZ, Van Dillen LR, Whitman JM, Sowa G, Shekelle P, et al.; Orthopaedic Section of the American Physical Therapy Association. Low back pain. *J Orthop Sports Phys Ther*. 2012 Apr;42(4):A1-57.
69. Deng P, Zhao Z, Zhang S, Xiao T, Li Y. Effect of kinesio taping on hemiplegic shoulder pain: A systematic review and meta-analysis of randomized controlled trials. *Clin Rehabil*. 2021;35(3):317-331.
70. de Oliveira FCL, Pairot de Fontenay B, Bouyer LJ, Desmeules F, Roy JS. Kinesiotaping for the Rehabilitation of Rotator Cuff-Related Shoulder Pain: A Randomized Clinical Trial. *Sports Health*. 2021;13(2):161-172.
71. de Sire A, Curci C, Ferrara M, et al. Efficacy of kinesio taping on hand functioning in patients with mild carpal tunnel syndrome. A double-blind randomized controlled trial [published online ahead of print, 2021 Apr 14]. *J Hand Ther*. 2021;S0894-1130(21)00058-2.
72. Djordjevic OC, Vukicevic D, Katunac L, Jovic S. Mobilization with movement and kinesiotaping compared with a supervised exercise program for painful shoulder: results of a clinical trial. *J Manipulative Physiol Ther*. 2012 Jul;35(6):454-63.
73. Draper TR. Non-Achilles ankle tendinopathy. In: UpToDate, Post TW (Ed), UpToDate, Waltham, MA. Accessed on March 4, 2026. Available at URL address: <https://www.uptodate.com/contents/non-achilles-ankle-tendinopathy>.
74. Duong V, Oo WM, Ding C, Culvenor AG, Hunter DJ. Evaluation and Treatment of Knee Pain: A Review. *JAMA*. 2023;330(16):1568-1580. doi:10.1001/jama.2023.19675
75. Durall CJ. Examination and treatment of cuboid syndrome: a literature review. *Sports Health*. 2011 Nov;3(6):514-9.
76. Elbasan B, Akaya KU, Akyuz M, Oskay D. Effects of neuromuscular electrical stimulation and Kinesio Taping applications in children with cerebral palsy on postural control and sitting balance. *J Back Musculoskelet Rehabil*. 2018 Feb 6;31(1):49-55.
77. Elrosasy A, Abo Zeid M, Abbas AW, et al. What is the impact of Kinesio taping on anterior cruciate ligament reconstruction: a systematic review and meta-analysis. *Eur J Orthop Surg Traumatol*. 2024;34(4):2213-2222. doi:10.1007/s00590-024-03878-x
78. Fandim JV, Amaral AL, Andrade LM, et al. Effectiveness of kinesio taping for chronic stroke patients: a systematic review with meta-analysis. *Disabil Rehabil*. 2024;46(14):2966-2978. doi:10.1080/09638288.2023.2241822
79. Ferri: Ferri's Clinical Advisor 2015, 1st ed. Copyright © 2015, 2014 Mosby, an imprint of Elsevier Inc.

80. Freedman SR, Brody LT, Rosenthal M, Wise JC. Short-term effects of patellar kinesiotaping on pain and hop function in patients with patellofemoral pain syndrome. *Sports Health*. 2014 Jul; 6(4):294-300.
81. Frommer C, Masaracchio M. The use of patellar taping in the treatment of a patient with a medial collateral ligament sprain. *N Am J Sports Phys Ther*. 2009 May;4(2):60-9.
82. Frontera W, Silver J, Rizzo TD editors. *Essentials of physical medicine and rehabilitation*. 3rd ed. Philadelphia, PA: Saunders, an imprint of Elsevier Inc.; 2014.
83. Fu TC, Wong AM, Pei YC, Wu KP, Chou SW, Lin YC. Effect of Kinesio taping on muscle strength in athletes-a pilot study. *J Sci Med Sport*. 2008 Apr;11(2):198-201.
84. Gaitonde DY, Ericksen A, Robbins RC. Patellofemoral Pain Syndrome. *Am Fam Physician*. 2019 Jan 15;99(2):88-94.
85. García-Chico C, López-Ortiz S, Lorenzo-Crespo C, Pinto-Fraga J, Santos-Lozano A, Domínguez-García A. Wrapping up the evidence: bandaging in breast cancer-related lymphedema-a systematic review and meta-analysis. *Breast Cancer*. 2025;32(4):654-675. doi:10.1007/s12282-025-01693-8
86. Giray E, Karali-Bingul D, Akyuz G. The Effectiveness of Kinesiotaping, Sham Taping or Exercises Only in Lateral Epicondylitis Treatment: A Randomized Controlled Study. *PM R*. 2019;11(7):681-693.
87. Goff JD, Crawford R. Diagnosis and treatment of plantar fasciitis. *Am Fam Physician*. 2011 Sep 15;84(6):676-82.
88. González-Iglesias J, Fernández-de-Las-Peñas C, Cleland JA, Huijbregts P, Del Rosario Gutiérrez-Vega M. Short-term effects of cervical kinesio taping on pain and cervical range of motion in patients with acute whiplash injury: a randomized clinical trial. *J Orthop Sports Phys Ther*. 2009 Jul;39(7):515-21.
89. Goodwin VA, Hall AJ, Rogers E, Bethel A. Orthotics and taping in the management of vertebral fractures in people with osteoporosis: a systematic review. *BMJ Open*. 2016 May 4;6(5):e010657.
90. Grampurohit N, Pradhan S, Kartin D. Efficacy of adhesive taping as an adjunct to physical rehabilitation to influence outcomes post-stroke: a systematic review. *Top Stroke Rehabil*. 2015 Feb; 22(1):72-82.
91. Greig AM, Bennell KL, Briggs AM, Hodges PW. Postural taping decreases thoracic kyphosis but does not influence trunk muscle electromyographic activity or balance in women with osteoporosis. *Man Ther*. 2008; 13(3):249-257.
92. Griffin A, Bernhardt J. Strapping the hemiplegic shoulder prevents development of pain during rehabilitation: a randomized controlled trial. *Clin Rehabil*. 2006 Apr; 20(4):287-95.
93. Güçhan Z, Mutlu A. The effectiveness of taping on children with cerebral palsy: a systematic review. *Dev Med Child Neurol*. 2017 Jan;59(1):26-30.
94. Guney-Deniz H, Kinikli GI, Aykar S, et al. Manual lymphatic drainage and Kinesio taping applications reduce early-stage lower extremity edema and pain following total knee arthroplasty. *Physiother Theory Pract*. 2023;39(8):1582-1590. doi:10.1080/09593985.2022.2044422
95. Hackl M, Beyer F, Wegmann K, Leschinger T, Burkhart KJ, Müller LP. The treatment of simple elbow dislocation in adults. *Dtsch Arztebl Int*. 2015 May 1;112(18):311-9.
96. Halseth T, McChesney JW, Debeliso M, Vaughn R, Lien J. The effects of kinesio™ taping on proprioception at the ankle. *J Sports Sci Med*. 2004 Mar 1;3(1):1-7.
97. Ham P, Maughan KL. Achilles tendinopathy and tendon rupture. In: UpToDate, Post TW (Ed), UpToDate, Waltham, MA. Accessed on March 4, 2026. Available at URL address: <https://www.uptodate.com/contents/achilles-tendinopathy-and-tendon-rupture>

98. Hanchard NC, Goodchild LM, Kottam L. Conservative management following closed reduction of traumatic anterior dislocation of the shoulder. *Cochrane Database Syst Rev*. 2014 Apr 30;4:CD004962.
99. Hanger HC, Whitewood P, Brown G, et al. A randomized controlled trial of strapping to prevent post-stroke shoulder pain. *Clin Rehabil*. 2000 Aug; 14(4):370-80.
100. Hatch RL, Hacking S. Evaluation and management of toe fractures. *Am Fam Physician*. 2003 Dec 15;68(12):2413-8.
101. Hatch RL. Clavicle fractures. In: UpToDate, Post TW (Ed), UpToDate, Waltham, MA. Accessed on March 4, 2026. Available at URL address: <https://www.uptodate.com/contents/clavicle-fractures>
102. Hecht PJ, Lin TJ. Hallux valgus. *Med Clin North Am*. 2014 Mar;98(2):227-32.
103. Heddon S, Saulnier N, Mercado J, Shalmiyev M, Berteau JP. Systematic review shows no strong evidence regarding the use of elastic taping for pain improvement in patients with primary knee osteoarthritis. *Medicine (Baltimore)*. 2021;100(13):e25382.
104. Hegmann KT, ed. Low back disorders. In: Glass LS, editor(s). *Occupational medicine practice guidelines: Evaluation and management of common health problems and functional recovery in workers*. 2nd ed. Elk Grove Village (IL): American College of Occupational and Environmental Medicine (ACOEM); 2007.
105. Helgeson K. Examination and intervention for sinus tarsi syndrome. *N Am J Sports Phys Ther*. 2009 Feb;4(1):29-37.
106. Hinman RS, Crossley KM, McConnell J, Bennell KL. Efficacy of knee tape in the management of osteoarthritis of the knee: blinded randomised controlled trial. *BMJ*. 2003 Jul 19;327(7407):135.
107. Hochberg MC, Altman RD, April KT, Benkhalti M, Guyatt G, McGowan J, et al.; American College of Rheumatology. American College of Rheumatology 2012 recommendations for the use of nonpharmacologic and pharmacologic therapies in osteoarthritis of the hand, hip, and knee. *Arthritis Care Res (Hoboken)*. 2012 Apr;64(4):465-74.
108. Hwang EG, Lee Y. Effectiveness of intercostal nerve block for management of pain in rib fracture patients. *J Exerc Rehabil*. 2014 Aug 31;10(4):241-4.
109. Hyland MR, Webber-Gaffney A, Cohen L, Lichtman PT. Randomized controlled trial of calcaneal taping, sham taping, and plantar fascia stretching for the short-term management of plantar heel pain. *J Orthop Sports Phys Ther*. 2006 Jun;36(6):364-71.
110. Ickert EC, Griswold D, Ross O, Dudash S, Duchon C, Learman K. Effects of kinesiotaping during early post-operative rehabilitation in individuals who underwent a total knee arthroplasty: A systematic review and meta-analysis of randomized control trials. *Clin Rehabil*. 2024;38(6):732-748. doi:10.1177/02692155241230894
111. Inamdar K, Molinini RM, Panibatla ST, Chow JC, Dusing SC. Physical therapy interventions to improve sitting ability in children with or at-risk for cerebral palsy: a systematic review and meta-analysis. *Dev Med Child Neurol*. 2021;63(4):396-406.
112. Jassi FJ, Del Antônio TT, Azevedo BO, Moraes R, George SZ, Chaves TC. Star-Shape Kinesio Taping Is Not Better Than a Minimal Intervention or Sham Kinesio Taping for Pain Intensity and Postural Control in Chronic Low Back Pain: A Randomized Controlled Trial. *Arch Phys Med Rehabil*. 2021;102(7):1352-1360.e3.
113. Jayanthi N. Epicondylitis (tennis and golf elbow). In: UpToDate, Post TW (Ed), UpToDate, Waltham, MA. Accessed on March 4, 2026. Available at URL address: <https://www.uptodate.com/contents/elbow-tendinopathy-tennis-and-golf-elbow>

114. Jiao H, Tao M, Cui X. Efficacy on pain and knee function of Kinesio taping among patients with patellofemoral pain syndrome: a systematic review and meta-analysis. *BMC Musculoskelet Disord*. 2025;26(1):388. Published 2025 Apr 21. doi:10.1186/s12891-025-08627-7
115. Johnson GW, Cadwallader K, Scheffel SB, Epperly TD. Treatment of lateral epicondylitis. *Am Fam Physician*. 2007 Sep 15;76(6):843-8.
116. Jones NF, Jupiter JB, Lalonde DH. Common fractures and dislocations of the hand. *Plast Reconstr Surg*. 2012; 130(5):722e-736e.
117. Joshi SV. Digit dislocation reduction. In: UpToDate, Post TW (Ed), UpToDate, Waltham, MA. Accessed on March 4, 2026. Available at URL address: <https://www.uptodate.com/contents/digit-dislocation-reduction>
118. Kachanathu SJ, Alenazi AM, Seif HE, Hafez AR, Alroumim MA. Comparison between Kinesio Taping and a Traditional Physical Therapy Program in Treatment of Nonspecific Low Back Pain. *J Phys Ther Sci*. 2014 Aug;26(8):1185-8.
119. Kalichman L, Vered E, Volchek L. Relieving symptoms of meralgia paresthetica using Kinesio taping: A pilot study. *Arch Phys Med Rehabil*. 2010; 91(7):1137-1139.
120. Kalter J, Apeldoorn A, Ostelo R, et al. Taping patients with clinical signs of subacromial impingement syndrome: the design of a randomized controlled trial. *BMC Musculoskeletal Disorders* 2011, 12:188.
121. Kalron A, Bar-Sela S. A systematic review of the effectiveness of Kinesio Taping--fact or fashion? *Eur J Phys Rehabil Med*. 2013 Oct;49(5):699-709.
122. Kaminski TW, Hertel J, Amendola N, Docherty CL, Dolan MG, Hopkins JT, Nussbaum E, Poppy W, Richie D; National Athletic Trainers' Association. National Athletic Trainers' Association position statement: conservative management and prevention of ankle sprains in athletes. *J Athl Train*. 2013 Jul-Aug;48(4):528-45.
123. Kandeel M, Marzok M, Afzal S, et al. A Systematic Review and Meta-Analysis of the Efficacy of Kinesio Taping for Pain Management and Pressure Pain Threshold in Myofascial Pain Syndrome. *Pain Res Manag*. 2025;2025:8881632. Published 2025 Aug 18. doi:10.1155/prm/8881632
124. Kannus P, Renström P. Treatment for acute tears of the lateral ligaments of the ankle. Operation, cast, or early controlled mobilization. *J Bone Joint Surg Am*. 1991;73(2):305-312.
125. Karadag-Saygi E, Cubukcu-Aydoseli K, Kablan N, Ofluoglu D. The role of kinesiotaping combined with botulinum toxin to reduce plantar flexors spasticity after stroke. *Top Stroke Rehabil*. 2010; 17(4):318-322.
126. Karatas N, Bicici S, Baltaci G, Caner H. The effect of Kinesiotape application on functional performance in surgeons who have musculo-skeletal pain after performing surgery. *Turk Neurosurg*. 2012;22(1):83-9.
127. Karlson KA. Initial evaluation and management of rib fractures. In: UpToDate, Post TW (Ed), UpToDate, Waltham, MA. Accessed on March 4, 2026. Available at URL address: <https://www.uptodate.com/contents/initial-evaluation-and-management-of-rib-fractures>
128. Karmakar MK, Ho AM. Acute pain management of patients with multiple fractured ribs. *J Trauma*. 2003 Mar;54(3):615-25.
129. Kaya E, Zinnuroglu M, Tugcu I. Kinesio taping compared to physical therapy modalities for the treatment of shoulder impingement syndrome. *Clin Rheumatol*. 2011 Feb;30(2):201-7.
130. Kemler E, van de Port I, Backx F, van Dijk CN. A systematic review on the treatment of acute ankle sprain: brace versus other functional treatment types. *Sports Med*. 2011 Mar 1;41(3):185-97.

131. Khan K., Scott A., Purdam C. Overview of overuse (persistent) tendinopathy. In: UpToDate, Post TW (Ed), UpToDate, Waltham, MA. Accessed on March 4, 2026. Available at URL address: <https://www.uptodate.com/contents/overview-of-overuse-persistent-tendinopathy>
132. Khiami F, Gérometta A, Loriaut P. Management of recent first-time anterior shoulder dislocations. *Orthop Traumatol Surg Res*. 2015 Feb;101(1 Suppl):S51-7.
133. Kilbreath SL, Perkins S, Crosbie J, McConnell J. Gluteal taping improves hip extension during stance phase of walking following stroke. *Aust J Physiother*. 2006; 52(1):53-6.
134. Kolasinski SL, Neogi T, Hochberg MC, Oatis C, Guyatt G, Block J, Callahan L, Copenhaver C, Dodge C, Felson D, Gellar K, Harvey WF, Hawker G, Herzig E, Kwoh CK, Nelson AE, Samuels J, Scanzello C, White D, Wise B, Altman RD, DiRenzo D, Fontanarosa J, Giradi G, Ishimori M, Misra D, Shah AA, Shmagel AK, Thoma LM, Turgunbaev M, Turner AS, Reston J. 2019 American College of Rheumatology/Arthritis Foundation Guideline for the Management of Osteoarthritis of the Hand, Hip, and Knee. *Arthritis Care Res (Hoboken)*. 2020 Feb;72(2):149-162.
135. Landorf KB, Menz HB. Plantar heel pain and fasciitis. *BMJ Clin Evid*. 2008 Feb 5;2008.
136. Landorf KB, Radford JA, Keenan AM, Redmond AC. Effectiveness of low-Dye taping for the short-term management of plantar fasciitis. *J Am Podiatr Med Assoc*. 2005 Nov-Dec;95(6):525-30.
137. Lardenoye S, Theunissen E, Cleffken B, Brink PR, de Bie RA, Poeze M. The effect of taping versus semi-rigid bracing on patient outcome and satisfaction in ankle sprains: a prospective, randomized controlled trial. *BMC Musculoskelet Disord*. 2012 May 28;13:81.
138. Lareau CR, Sawyer GA, Wang JH, DiGiovanni CW. Plantar and medial heel pain: diagnosis and management. *J Am Acad Orthop Surg*. 2014 Jun;22(6):372-80.
139. Lazcano A, Dougherty JM, Kruger M. Use of rib belts in acute rib fractures. *Am J Emerg Med*. 1989; 7(1):97-100.
140. Lee K, Yi CW, Lee S. The effects of kinesiology taping therapy on degenerative knee arthritis patients' pain, function, and joint range of motion. *J Phys Ther Sci*. 2016 Jan;28(1):63-6.
141. Lee SE, Cho SH. The effect of McConnell taping on vastus medialis and lateralis activity during squatting in adults with patellofemoral pain syndrome. *J Exerc Rehabil*. 2013 Apr; 9(2):326-30.
142. Leibbrandt DC, Louw QA. The use of McConnell taping to correct abnormal biomechanics and muscle activation patterns in subjects with anterior knee pain: a systematic review. *J Phys Ther Sci*. 2015 Jul; 27(7):2395-404.
143. Lenza M, Faloppa F. Conservative interventions for treating middle third clavicle fractures in adolescents and adults. *Cochrane Database Syst Rev*. 2016 Dec 15;12:CD007121.
144. Letafatkar A, Rabiei P, Kazempour S, Alaei-Parapari S. Comparing the effects of no intervention with therapeutic exercise, and exercise with additional Kinesio tape in patients with shoulder impingement syndrome. A three-arm randomized controlled trial. *Clin Rehabil*. 2021;35(4):558-567.
145. Lewis JS, Wright C, Green A. Subacromial impingement syndrome: the effect of changing posture on shoulder range of movement. *J Orthop Sports Phys Ther*. 2005 Feb;35(2):72-87.
146. Li X, Zhou X, Liu H, Chen N, Liang J, Yang X, Zhao G, Song Y, Du Q. Effects of Elastic Therapeutic Taping on Knee Osteoarthritis: A Systematic Review and Meta-analysis. *Aging Dis*. 2018 Apr 1;9(2):296-308.

147. Li Y, Yin Y, Jia G, Chen H, Yu L, Wu D. Effects of kinesiotape on pain and disability in individuals with chronic low back pain: a systematic review and meta-analysis of randomized controlled trials. *Clin Rehabil*. 2019 Apr;33(4):596-606.
148. Li X, Cai H, Tang K, Li F. The efficacy of Kinesio taping in patients with post-stroke dysphagia: A meta-analysis. *Medicine (Baltimore)*. 2024 Mar 15;103(11):e37491.
149. Li Z, Liu X, He S, Wu J, Zhu Z, Lu W. Kinesio taping can relieve symptoms and enhance functions in patients with mild-to-moderate carpal tunnel syndrome: A systematic review and meta-analysis. *Physiother Theory Pract*. 2025;41(9):1936-1951. doi:10.1080/09593985.2025.2463902
150. Lim EC, Tay MG. Kinesio taping in musculoskeletal pain and disability that lasts for more than 4 weeks: is it time to peel off the tape and throw it out with the sweat? A systematic review with meta-analysis focused on pain and also methods of tape application. *Br J Sports Med*. 2015 Dec; 49(24):1558-66.
151. Lin S, Zhu B, Huang G, Wang C, Zeng Q, Zhang S. Short-Term Effect of Kinesiotaping on Chronic Nonspecific Low Back Pain and Disability: A Meta-Analysis of Randomized Controlled Trials. *Phys Ther*. 2020 Feb 7;100(2):238-254.
152. Logan CA, Bhashyam AR, Tisosky AJ, Haber DB, Jorgensen A, Roy A, Provencher MT. Systematic Review of the Effect of Taping Techniques on Patellofemoral Pain Syndrome. *Sports Health*. 2017 Jun 1;1941738117710938.
153. Logerstedt DS, Snyder-Mackler L, Ritter RC, Axe MJ, Godges JJ; Orthopaedic Section of the American Physical Therapist Association. Knee stability and movement coordination impairments: knee ligament sprain. *J Orthop Sports Phys Ther*. 2010 Apr;40(4):A1-A37. (a)
154. Logerstedt DS, Snyder-Mackler L, Ritter RC, Axe MJ; Orthopedic Section of the American Physical Therapy Association. Knee pain and mobility impairments: meniscal and articular cartilage lesions. *J Orthop Sports Phys Ther*. 2010 Jun;40(6):A1-A35. (b)
155. Luo WH, Li Y. Current Evidence Does Support the Use of KT to Treat Chronic Knee Pain in Short Term: A Systematic Review and Meta-Analysis. *Pain Res Manag*. 2021;2021:5516389. Published 2021 Mar 23.
156. Luo Y, Chen X, Shen X, Chen L, Gong H. Effectiveness of Kinesio tape in the treatment of patients with patellofemoral pain syndrome: A systematic review and meta-analysis. *Medicine (Baltimore)*. 2024;103(23):e38438. doi:10.1097/MD.00000000000038438
157. Luz Júnior MAD, Almeida MO, Santos RS, Civile VT, Costa LOP. Effectiveness of Kinesio Taping in Patients With Chronic Nonspecific Low Back Pain: A Systematic Review With Meta-analysis. *Spine (Phila Pa 1976)*. 2019 Jan 1;44(1):68-78.
158. Marotta N, Lippi L, Ammendolia V, Calafiore D, Inzitari MT, Pinto M, Invernizzi M, de Sire A. Efficacy of kinesio taping on upper limb volume reduction in patients with breast cancer-related lymphedema: a systematic review of randomized controlled trials. *Eur J Phys Rehabil Med*. 2023 Apr;59(2):237-247.
159. Martin RL, Davenport TE, Reischl SF, McPoil TG, Matheson JW, Wukich DK, et al. Heel pain-plantar fasciitis: revision 2014. *J Orthop Sports Phys Ther*. 2014 Nov;44(11):A1-33.
160. Martin RL, Davenport TE, Paulseth S, Wukich DK, Godges JJ; Orthopaedic Section American Physical Therapy Association. Ankle stability and movement coordination impairments: ankle ligament sprains. *J Orthop Sports Phys Ther*. 2013 Sep;43(9):A1-40.
161. Martin RL, Davenport TE, Fraser JJ, Sawdon-Bea J, Carcia CR, Carroll LA, Kivlan BR, Carreira D. Ankle Stability and Movement Coordination Impairments: Lateral Ankle Ligament Sprains Revision 2021. *J Orthop Sports Phys Ther*. 2021 Apr;51(4):CPG1-CPG80.

162. Martonick N, Kober K, Watkins A, DiEnno A, Perez C, Renfro A, Chae S, Baker R. The Effect of Kinesio Tape on Factors for Neuromuscular Control of the Lower-Extremity: A Critically Appraised Topic. *J Sport Rehabil*. 2020 Mar 28;1-6.
163. Maughan KL. Ankle sprain. In: UpToDate, Post TW (Ed), UpToDate, Waltham, MA. Accessed on March 4, 2026. Available at URL address: <https://www.uptodate.com/contents/ankle-sprain-in-adults-management>
164. McConnell J, McIntosh B. The effect of tape on glenohumeral rotation range of motion in elite junior tennis players. *Clin J Sport Med*. 2009 Mar; 19(2):90-4.
165. McConnell J, Donnelly C, Hamner S, Dunne J, Besier T. Passive and dynamic shoulder rotation range in uninjured and previously injured overhead throwing athletes and the effect of shoulder taping. *PM R*. 2012 Feb;4(2):111-6.
166. McLean DA. Use of adhesive strapping in sport. *Br J Sports Med*. 1989 Sep;23(3):147 -9.
167. McPoil TG, Martin RL, Cornwall MW, Wukich DK, Irrgang JJ, Godges JJ. Heel pain--plantar fasciitis: clinical practice guidelines linked to the international classification of function, disability, and health from the orthopaedic section of the American Physical Therapy Association. *J Orthop Sports Phys Ther*. 2008 Apr;38(4):A1-A18.
168. Miller P and Osmotherly P. Does Scapula Taping Facilitate Recovery for Shoulder Impingement Symptoms? A Pilot Randomized Controlled Trial. *J Man Manip Ther*. 2009; 17(1): E6–E13.
169. Miller EA, Hergenroeder AC. Prophylactic ankle bracing *Pediatr Clin North Am*. 1990 Oct;37(5):1175-85.
170. Montalvo AM, Cara EL, Osorio JA, Vairo GL, Rozea GD, Bosha PJ, Millard RL, Aukerman DF, Sebastianelli WJ. The effects of two therapeutic patellofemoral taping techniques on strength, endurance, and pain responses. *Phys Ther Sport*. 2013 Nov; 14(4):199-206.
171. Morris D, Jones D, Ryan H, Ryan CG. The clinical effects of Kinesio® Tex taping: A systematic review. *Physiother Theory Pract*. 2013 May;29(4):259-70.
172. Morrissey D, Cotchett M, Said J'Bari A, et al. Management of plantar heel pain: a best practice guide informed by a systematic review, expert clinical reasoning and patient values. *Br J Sports Med*. 2021;55(19):1106-1118.
173. Mostafavifar M, Wertz J, Borchers J. A systematic review of the effectiveness of kinesio taping for musculoskeletal injury. *Phys Sportsmed*. 2012 Nov;40(4):33-40.
174. Murphy KP, Karlin AM. Management of Musculoskeletal Injury. In: Kliegman RM, Stanton BF, St Geme JW, Schor NF. *Nelson Textbook of Pediatrics*, 20th ed. Elsevier; Philadelphia: 2016.
175. Myer GD. Effect of kinesiology taping on pain in individuals with musculoskeletal injuries: Systematic review and meta-analysis. *Phys Sportsmed*. 2014 May; 42(2):48-57.
176. National Institute of Health (NIH): National Institute of Arthritis and Musculoskeletal and Skin Disease. Questions and Answers about Sprains and Strains. Accessed on March 4, 2026. Available at URL address: <https://www.niams.nih.gov/health-topics/sprains-and-strains>.
177. National Institute for Health and Care Excellence (NICE). Low back pain and sciatica in over 16s: assessment and management. NICE guideline [NG59] Published date: November 2016. Accessed March 4, 2026. Available at URL address: <https://www.nice.org.uk/guidance/conditions-and-diseases/musculoskeletal-conditions/low-back-pain>
178. Nelson NL. Kinesio taping for chronic low back pain: A systematic review. *J Bodyw Mov Ther*. 2016 Jul;20(3):672-81. Nellans KW, Chung KC. Pediatric hand fractures. *Hand Clin*. 2013 Nov;29(4):569-78.

179. Nelson FRT, Blauvelt CT. A Manual of Orthopaedic Terminology, Eighth Edition. Saunders, an imprint of Elsevier Inc.; Philadelphia: 2015.
180. Nelson NL. Kinesio taping for chronic low back pain: A systematic review. *J Bodyw Mov Ther.* 2016 Jul; 20(3):672-81.
181. Nunes GS, Feldkircher JM, Tessarin BM, Bender PU, da Luz CM, de Noronha M. Kinesio taping does not improve ankle functional or performance in people with or without ankle injuries: Systematic review and meta-analysis. *Clin Rehabil.* 2021;35(2):182-199.
182. Nunes GS, de Oliveira J, Iacob GS, et al. Effectiveness of Interventions Aimed at Changing Movement Patterns in People With Patellofemoral Pain: A Systematic Review With Network Meta-analysis. *J Orthop Sports Phys Ther.* 2023;53(12):1-13. doi:10.2519/jospt.2023.11956
183. O'Connor FG, Mulvaney SW, Patellofemoral pain syndrome. In: UpToDate, Post TW (Ed), UpToDate, Waltham, MA. Accessed on March 4, 2026. Available at URL address: <https://www.uptodate.com/contents/patellofemoral-pain>
184. Osborne HR, Allison GT. Treatment of plantar fasciitis by LowDye taping and iontophoresis: short term results of a double blinded, randomised, placebo controlled clinical trial of dexamethasone and acetic acid. *Br J Sports Med.* 2006 Jun;40(6):545-9; discussion 549.
185. Ouyang JH, Chang KH, Hsu WY, Cho YT, Liou TH, Lin YN. Non-elastic taping, but not elastic taping, provides benefits for patients with knee osteoarthritis: systemic review and meta-analysis. *Clin Rehabil.* 2018 Jan;32(1):3-17.
186. Paoloni M, Bernetti A, Fracocchi G, Mangone M, Parrinello L, Del Pilar Cooper, et al. Kinesio Taping applied to lumbar muscles influences clinical and electromyographic characteristics in chronic low back pain patients. *Eur J Phys Rehabil Med.* 2011 Jun;47(2):237-44.
187. Park C, Lee S, Kim S, Hwangbo G. The effects of the application of low-dye taping on paretic side plantar pressure among patients with plantar fasciitis. *J Phys Ther Sci.* 2015 Nov;27(11):3555-7.
188. Park KB, Lee KJ, Kwak YH. Comparison between buddy taping with a short-arm splint and operative treatment for phalangeal neck fractures in children. *J Pediatr Orthop.* 2015 Apr 30. [Epub ahead of print].
189. Paschos NK, Abuhemoud K, Gantsos A, et al. Management of proximal interphalangeal joint hyperextension injuries: a randomized controlled trial. *J Hand Surg Am.* 2014;39(3):449-454.
190. Parreira Pdo C, Costa Lda C, Hespanhol Junior LC, Lopes AD, Costa LO. Current evidence does not support the use of Kinesio Taping in clinical practice: a systematic review. *J Physiother.* 2014 Mar;60(1):31-9.
191. Patel A, Rao S, Nawoczenski D, Flemister AS, DiGiovanni B, Baumhauer JF. Midfoot arthritis. *J Am Acad Orthop Surg.* 2010 Jul;18(7):417-25. Perrin, D. (2012). *Athletic taping and bracing* (3rd ed.). Champaign, IL: Human Kinetics.
192. Pers YM, Nguyen C, Borie C, et al. Recommendations from the French Societies of Rheumatology and Physical Medicine and Rehabilitation on the non-pharmacological management of knee osteoarthritis. *Ann Phys Rehabil Med.* 2024;67(7):101883. doi:10.1016/j.rehab.2024.101883
193. Pinheiro YT, E Silva RL, de Almeida Silva HJ, et al. Does current evidence support the use of kinesiology taping in people with knee osteoarthritis?. *Explore (NY).* 2021;17(6):574-577.
194. Podolsky R, Kalichman L. Taping for plantar fasciitis. *J Back Musculoskelet Rehabil.* 2015;28(1):1-6.
195. Poolman RW, Goslings JC, Lee JB, Statius Muller M, Steller EP, et al. Conservative treatment for closed fifth (small finger) metacarpal neck fractures. *Cochrane Database Syst Rev.* 2005 Jul 20;(3):CD003210.

196. Prentice, W. (2010). *Arnheim's principles of athletic training: A competency-based approach* (14th ed.). New York: McGraw-Hill.
197. Quick G. A randomized clinical trial of rib belts for simple fractures. *Am J Emerg Med*. 1990; 8(4):277-281.
198. Radford JA, Landorf KB, Buchbinder R, Cook C. Effectiveness of low-Dye taping for the short-term treatment of plantar heel pain: a randomised trial. *BMC Musculoskelet Disord*. 2006 Aug 9;7:64.
199. Rethman KK, Mansfield CJ, Moeller J, et al. Kinesiophobia Is Associated With Poor Function and Modifiable Through Interventions in People With Patellofemoral Pain: A Systematic Review With Individual Participant Data Correlation Meta-Analysis. *Phys Ther*. 2023;103(9):pzad074. doi:10.1093/ptj/pzad074
200. Rodriguez-Merchan EC. Evidence Based Conservative Management of Patello-femoral Syndrome. *Arch Bone Jt Surg*. 2014 Mar;2(1):4-6.
201. Rutkove SB. Overview of lower extremity peripheral nerve syndromes. In: UpToDate, Post TW (Ed), UpToDate, Waltham, MA. Accessed on March 4, 2026. Available at URL address: <https://www.uptodate.com/contents/overview-of-lower-extremity-peripheral-nerve-syndromes>
202. Saavedra-Hernández M, Castro-Sánchez AM, Arroyo-Morales M, Cleland JA, Lara-Palomo IC, Fernández-de-Las-Peñas C. Short-term effects of kinesio taping versus cervical thrust manipulation in patients with mechanical neck pain: a randomized clinical trial. *J Orthop Sports Phys Ther*. 2012 Aug;42(8):724-30.
203. Saracoglu I, Emuk Y, Taspinar F. Does taping in addition to physiotherapy improve the outcomes in subacromial impingement syndrome? A systematic review. *Physiother Theory Pract*. 2018 Apr;34(4):251-263.
204. Scherer PR. Rethinking Tarsal Tunnel Syndrome. *Podiatry today*. Issue Number: Volume 17 - Issue 12 - December 2004.
205. Schreiber K, Khodae M, Poddar S, Tweed EM. Clinical Inquiry. What is the best way to treat Morton's neuroma? *J Fam Pract*. 2011 Mar;60(3):157-8, 168.
206. Schwend RM, Shaw BA, Segal LS. Evaluation and treatment of developmental hip dysplasia in the newborn and infant. *Pediatr Clin North Am*. 2014 Dec;61(6):1095-107.
207. Seah R, Mani-Babu S. Managing ankle sprains in primary care: what is best practice? A systematic review of the last 10 years of evidence. *Br Med Bull*. 2011;97:105-35.
208. Selkowitz DM, Chaney C, Stuckey SJ, Vlad G. The effects of scapular taping on the surface electromyographic signal amplitude of shoulder girdle muscles during upper extremity elevation in individuals with suspected shoulder impingement syndrome. *J Orthop Sports Phys Ther*. 2007 Nov; 37(11):694-702.
209. Shamsoddini A, Hollisaz MT. Effects of taping on pain, grip strength and wrist extension force in patients with tennis elbow. *Trauma Mon*. 2013 Sep;18(2):71-4.
210. Shamus JL, Shamus EC. A taping technique for the treatment of acromioclavicular joint sprains: a case study. *J Orthop Sports Phys Ther*. 1997 Jun; 25(6):390-4.
211. Sherman SC. Shoulder dislocation and reduction. In: UpToDate, Post TW (Ed), UpToDate, Waltham, MA. Accessed on March 4, 2026. Available at URL address: <https://www.uptodate.com/contents/shoulder-dislocation-and-reduction>

212. Shirzad K, Kiesau CD, DeOrio JK, Parekh SG. Lesser toe deformities. *J Am Acad Orthop Surg.* 2011 Aug;19(8):505-14.
213. Simpson MR, Howard TM. Tendinopathies of the foot and ankle. *Am Fam Physician.* 2009 Nov 15;80(10):1107-14.
214. Şimşek TT, Türkücüoğlu B, Çokal N, Üstünbaş G, Şimşek İE. The effects of Kinesio® taping on sitting posture, functional independence and gross motor function in children with cerebral palsy. *Disabil Rehabil.* 2011;33(21-22):2058-63.
215. Smith M, Sparkes V, Busse M, Enright S. Upper and lower trapezius muscle activity in subjects with subacromial impingement symptoms: is there imbalance and can taping change it? *Phys Ther Sport.* 2009 May; 10(2):45-50.
216. Sommer HM, Arza D. Functional treatment of recent ruptures of the fibular ligament of the ankle. *Int Orthop.* 1989; 13(2):157-160.
217. Song W, Huang Q, Jiang Z. Clinical efficacy of athletic taping-assisted physiotherapy for plantar fasciitis: A systematic evaluation and meta-analysis. *Foot Ankle Surg.* 2026;32(1):11-25. doi:10.1016/j.fas.2025.05.013
218. Souto LR, De Oliveira Silva D, Pazzinatto MF, Siqueira MS, Moreira RFC, Serrão FV. Are adjunct treatments effective in improving pain and function when added to exercise therapy in people with patellofemoral pain? A systematic review with meta-analysis and appraisal of the quality of interventions. *Br J Sports Med.* 2024;58(14):792-804. Published 2024 Jul 1. doi:10.1136/bjsports-2024-108145
219. SpiderTech elastic sports tape. Accessed March 4, 2026. Available at URL address: <http://www.spidertech.com/>
220. Stocco MR, Del Antônio ACFT, Oliveira RG, Parreiras SO, Andraus RAC. Does kinesio tape alter muscle strength in athletes? - Systematic review and meta-analysis. *J Bodyw Mov Ther.* 2024;38:593-604. doi:10.1016/j.jbmt.2023.11.023
221. Sun G, Lou Q. The efficacy of kinesio taping as an adjunct to physical therapy for chronic low back pain for at least two weeks: A systematic review and meta-analysis of randomized controlled trials. *Medicine (Baltimore).* 2021;100(49):e28170.
222. Taylor RL, O'Brien L, Brown T. A scoping review of the use of elastic therapeutic tape for neck or upper extremity conditions. *J Hand Ther.* 2014 Jul-Sep;27(3):235-45; quiz 246.
223. Thelen, M. D., Dauber, J. A., & Stoneman, P. D. (2008). The clinical efficacy of kinesiotape for shoulder pain: A randomized, double-blinded, clinical trial. *Journal of Orthopaedic and Sports Physical Therapy*, 38(7), 389-395.
224. Thomas JL, Christensen JC, Kravitz SR, Mendicino RW, Schuberth JM, Vanore JV, et al.; American College of Foot and Ankle Surgeons heel pain committee. The diagnosis and treatment of heel pain: a clinical practice guideline-revision 2010. *J Foot Ankle Surg.* 2010 May-Jun;49(3 Suppl):S1-19.
225. Tiemstra JD. Update on acute ankle sprains. *Am Fam Physician.* 2012 Jun 15;85(12):1170-6.
226. Tran L, Makram AM, Makram OM, et al. Efficacy of Kinesio Taping Compared to Other Treatment Modalities in Musculoskeletal Disorders: A Systematic Review and Meta-Analysis. *Res Sports Med.* 2023;31(4):416-439. doi:10.1080/15438627.2021.1989432
227. Tu P, Bytowski JR. Diagnosis of heel pain. *Am Fam Physician.* 2011 Oct 15;84(8):909-16.
228. Turgut E, Can EN, Demir C, Maenhout A. Evidence for taping in overhead athlete shoulders: a systematic review. *Res Sports Med.* 2023;31(4):368-397. doi:10.1080/15438627.2021.1988950

229. van Aaken J, Kämpfen S, Berli M, et al. Outcome of boxer's fractures treated by a soft wrap and buddy taping: a prospective study. *Hand (N Y)*. 2007; 2(4):212-217.
230. van Amstel RN, Noten K, van den Boomen LN, et al. Systematic Review of Lumbar Elastic Tape on Trunk Mobility: A Debatable Issue. *Arch Rehabil Res Clin Transl*. 2021;3(3):100131. Published 2021 May 11.
231. van de Water AT, Speksnijder CM. Efficacy of taping for the treatment of plantar fasciosis: a systematic review of controlled trials. *J Am Podiatr Med Assoc*. 2010 Jan-Feb;100(1):41-51.
232. Vander Doelen T, Jelley W. Non-surgical treatment of patellar tendinopathy: A systematic review of randomized controlled trials. *J Sci Med Sport*. 2020 Feb;23(2):118-124.
233. Vanti C, Bertozzi L, Gardenghi I, Turoni F, Guccione AA, Pillastrini P. Effect of taping on spinal pain and disability: systematic review and meta-analysis of randomized trials. *Phys Ther*. 2015 Apr;95(4):493-506.
234. Verhagen EA, Bay K. Optimising ankle sprain prevention: a critical review and practical appraisal of the literature. *Br J Sports Med*. 2010;44(15):1082-8.
235. Wallis JA, Roddy L, Bottrell J, Parslow S, Taylor NF. A Systematic Review of Clinical Practice Guidelines for Physical Therapist Management of Patellofemoral Pain. *Phys Ther*. 2021;101(3):pzab021.
236. Wang Y, Gu Y, Chen J, Luo W, He W, Han Z, Tian J. Kinesio taping is superior to other taping methods in ankle functional performance improvement: a systematic review and meta-analysis. *Clin Rehabil*. 2018 Nov;32(11):1472-1481.
237. Wang Y, Li X, Sun C, Xu R. Effectiveness of kinesiology taping on the functions of upper limbs in patients with stroke: a meta-analysis of randomized trial. *Neurol Sci*. 2022;43(7):4145-4156. doi:10.1007/s10072-022-06010-1
238. Waterman BR, Owens BD, Davey S, et al. The epidemiology of ankle sprains in the United States. *J Bone Joint Surg Am*. 2010; 92(13):2279-2284.
239. Williamson DM, Cole WG. Treatment of selected extension supracondylar fractures of the humerus by manipulation and strapping in flexion. *Injury*. 1993; 24(4):249-252.
240. Won SH, Lee S, Chung CY, et al. Buddy taping: is it a safe method for treatment of finger and toe injuries? *Clin Orthop Surg*. 2014; 6(1):26-31.
241. Wells L, Sehgal K, Dormans JP. Common Fractures. In: Kliegman RM, Stanton BF, St Geme JW, Schor NF. *Nelson Textbook of Pediatrics*, 20th ed. Elsevier; Philadelphia: 2016.
242. Williams S, Whatman C, Hume PA, Sheerin K. Kinesio taping in treatment and prevention of sports injuries: a meta-analysis of the evidence for its effectiveness. *Sports Med*. 2012 Feb 1;42(2):153-64.
243. Willy RW, Hoglund LT, Barton CJ, et al. Patellofemoral Pain. *J Orthop Sports Phys Ther*. 2019;49(9):CPG1-CPG95. doi:10.2519/jospt.2019.0302
244. Wilson V, Douris P, Fukuroku T, Kuzniewski M, Dias J, Figueiredo P. The Immediate and Long-Term Effects of Kinesiotape® On Balance and Functional Performance. *Int J Sports Phys Ther*. 2016 Apr; 11(2):247-53.
245. Wolf JM. Elbow Tendinopathies and Bursitis. In: Miller MD, Thompson SR, Delee & Drez's Orthopaedic Sports Medicine. 4th Ed. Philadelphia: Saunders, an imprint of Elsevier Inc; 2014.
246. Won SH, Lee S, Chung CY, Lee KM, Sung KH, Kim TG, et al. Buddy taping: is it a safe method for treatment of finger and toe injuries? *Clin Orthop Surg*. 2014 Mar;6(1):26-31.

- 247. Yam ML, Yang Z, Zee BC, Chong KC. Effects of Kinesio tape on lower limb muscle strength, hop test, and vertical jump performances: a meta-analysis. *BMC Musculoskelet Disord*. 2019 May 14;20(1):212.
- 248. Yang FA, Wu PJ, Su YT, Strong PC, Chu YC, Huang CC. Effect of Kinesiology Taping on Breast Cancer-Related Lymphedema: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Clin Breast Cancer*. 2024;24(6):541-551.e1. doi:10.1016/j.clbc.2024.04.013
- 249. Yasukawa A, Patel P, Sisung C. Pilot study: Investigating the effects of Kinesio Taping in an acute pediatric rehabilitation setting. *Am J Occup Ther*. 2006; 60(1):104-110.
- 250. Ye W, Jia C, Jiang J, Liang Q, He C. Effectiveness of Elastic Taping in Patients With Knee Osteoarthritis: A Systematic Review and Meta-Analysis. *Am J Phys Med Rehabil*. 2020 Jun;99(6):495-503.
- 251. Yoshida A, Kahonov L. The effect of kinesio taping on lower trunk range of motions. *Res Sports Med*. 2007; 5(2):103-112.
- 252. Zhang L, Chen L, Zhang X, Chen J, Luo Y. Effectiveness of low-dye taping in the treatment of patients with plantar fasciitis: A systematic review and meta-analysis. *Medicine (Baltimore)*. 2026;105(8):e46770. doi:10.1097/MD.00000000000046770

“Cigna Companies” refers to operating subsidiaries of The Cigna Group. All products and services are provided exclusively by or through such operating subsidiaries, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Evernorth Behavioral Health, Inc., Cigna Health Management, Inc., and HMO or service company subsidiaries of The Cigna Group. © 2026 The Cigna Group.