

Original Article

SHORT TERM EFFICACY OF KINESIOTAPING AND EXERCISES ON CHRONIC MECHANICAL NECK PAIN

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ABSTRACT

Background and introduction: The purpose of study is to determine the short term effectiveness of Kinesiotaping combined with Exercises in reducing pain and improving Cervical range of motion and functional ability for subjects with Chronic Mechanical Neck pain.

Method: : Pre to post test experimental study design randomised thirty Chronic Mechanical Neck pain patients each 15 into KT and control group. KT group received kinesiotaping with exercises and Control group received only exercises for 3 times a week for 4 weeks. Pain, active cervical range of motion and functional ability were measured before and after 4 weeks of intervention.

Results: Comparative analysis using Independent 't' test and Mann Whitney U test found that there is a statistically significant difference ($p < 0.05$) in means of NPRS, active Flexion, Extension, Rotation to right, Rotation to Left ROM, Neck Disability Index (NDI) in percentage when compared post intervention means between the groups. Pre to post test within the group analysis in both the groups using Paired 't' test and Wilcoxon signed rank test found that there is a statistically significant change in means of NPRS, Flexion, Extension, Rotation to right, Rotation to Left ROM, NDI.

Conclusion: Kinesiotaping combined with exercises for 4 weeks found short term effect in improving pain, active cervical ROM and functional ability than exercises alone in treatment of chronic Mechanical neck pain.

KEYWORDS: Cervical Spine; Mechanical Neck Pain; Kinesiotape; Exercises; Pain; Cervical Mobility; Functional Ability.

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INTRODUCTION

Mechanical neck pain is defined as generalized neck pain provoked by sustained neck postures, neck movement, pain on palpation of cervical musculature without pathologies.¹ Chronic neck pain is defined as pain in the region between superior nuchal line to first thoracic vertebra with duration of at-least 3 months or more than that² Mechanical neck pain affected by 30 % to 50 % of the general population and experience chronic pain annually. 11 % to 14 % of working population experience activity limitation due to neck pain.^{3,4,5} Prevalence is high in middle aged people.³

There are many preventive approaches and treatment options in management of chronic mechanical neck disorders.⁶

Kinesiotape is an alternative taping technique has been theorized to be an effective treatment to improve physiological problems based on function of the tape⁷ providing support and stability to the muscles and joints without limiting the range of motion, corrects muscle function by strengthening weakened muscles, improves lymphatic drainage beneath skin by microscopically lifting the skin removing the waste substance thereby reducing pain and inflammation of that area⁸ repositioning of the