



## Kinesio tape versus exercises for muscles fatigue in neck dysfunction

By Elabd, Aliaa

Condition: New. Publisher/Verlag: LAP Lambert Academic Publishing | Efficacy of kinesio tape versus exercises on disability and axioscapular muscles fatigue in mechanical neck dysfunction | Neck pain (NP) is a common complaint with a high incidence rate and a poor prognosis. Numerous treatments are commonly used to treat neck pain. However, few interventions have been proved to be effective and most of them are associated with short term benefits. Determining the most appropriate intervention for NP remains a priority for researchers. So, the purpose of our randomized blinded clinical trial was to examine the effects of Kinesio tape (KT) in comparison with postural correction exercises program on neck disability and axioscapular muscles fatigue in patients with NP. Our results revealed that, Patients with mechanical neck pain performing postural correction exercises or receiving an application of KT exhibited similar reduction in axioscapular muscles fatigue. Reduction of neck disability was greater in patients received KT. so, KT may be an alternative treatment option in the treatment of NP. Our findings may be implemented in the following: 1- The physiotherapy program designed to decrease muscle tension, 2- exercise program used in this study may be utilized for management of postural abnormalities and 3-...



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