

Efficacy of Kinesio Taping and Pilate Exercises on Pain and Range of Motion in Lumbar Spondylosi

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Abstract : low back pain is one of the most common health problems in different communities of the world. The objective of this study was to investigate the effect of the pilate exercise and kinesio taping on pain and range of motion in the lumbar spondylotic patient. For this purpose, 60 female subjects with lumbar spondylosis, with age range from 45 - 65 years, and the body mass index should be less than 35 participated in this study, they were randomly assigned in two equal groups. Group A: Received kinesio taping for four weeks and was changed once every week, Group B: Received pilate exercises program three times per week for four weeks. We used BROM instrument to measure the range of motion in lumbar spine and Visual Analogue Scale (VAS) to measure the intensity of the pain. The results of study indicated that there is significant effect of kinesio taping on pain and range of motion in lumbar spondylotic patients.

Keywords: Kinesio taping, Pilate exercise, Lumbar spondylosis.

Abeer Mahmoud Yousef *et al* / International Journal of ChemTech Research, 2018,11(11): 329-336.

DOI= <http://dx.doi.org/10.20902/IJCTR.2018.111137>
