

19. Injury, Poisoning and Certain Other Consequences of External Causes

Reference

Kwon KR. Effects of spiral taping in motor disturbance of the neck induced by cervical sprain—randomized clinical controlled trials. *Daehan-Chimgu-Hakhoeji (Journal of Korean Acupuncture & Moxibustion Society)* 2006; 23(2): 159–64 (in Korean with English abstract).

1. Objectives

To evaluate the effectiveness of spiral taping for motor disturbance of the neck induced by cervical sprain.

2. Design

Randomized controlled trial (RCT).

3. Setting

One Oriental hospital (Sangji University Oriental Hospital), Republic of Korea.

4. Participants

Patients with motor abnormality of the neck induced by cervical sprain (n=23).

5. Intervention

Arm 1: Spiral taping + acupuncture + Oriental medicine treatment (n=12).

Arm 2: Acupuncture + Oriental medicine treatment (n=11).

6. Main outcome measures

Range of motion (ROM).

7. Main results

The treatment effect was significant in Arm 2 after 2 rounds and in Arm 1 after 1 round. There was no significant between-group difference, but efficacy was higher in Arm 1 than Arm 2.

8. Conclusions

Spiral taping enhanced the effectiveness of treatment for motor abnormality of the neck induced by cervical sprain.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

Though spiral taping is widely used, its efficacy has rarely been studied. This study demonstrated a meaningful clinical effect. However, ROM was the only the outcome measure, and the study design would have been better if VAS and NDI were additionally evaluated. Although the spiral taping is known as safe treatment, a limitation of this study is that skin reaction and clinical adverse events were not evaluated.

11. Abstractor and date

Kim HJ, 17 August 2010.