

13. Diseases of the Musculo Skeletal System and Connective Tissue

Reference

Lee JW, Kim CH, Moon SH, et al. Effectiveness of spiral taping in the low back pain patients. *Daehan-Chimgu-Hakhoeji (Journal of Korean Acupuncture & Moxibustion Society)* 2006; 23(5): 1–10 (in Korean with English abstract).

1. Objectives

To evaluate the effect of spiral taping in the low back pain patients.

2. Design

Randomized controlled trial (RCT).

3. Setting

One Oriental hospital (Oriental Medical Hospital at Jeonju, Woosuk University), Republic of Korea.

4. Participants

Low back pain patients (n=60).

5. Intervention

Arm 1: Spiral taping + moxibustion + cupping therapy + physical therapy (n=30).

Arm 2: Moxibustion + cupping therapy + physical therapy (n=30).

3X4 spiral tapes were applied at 10 points a total of 3 times during 1 week.

6. Main outcome measures

Pain rated on a visual analogue scale (VAS), Lumbar flexion angle, Oswestry Disability Index (ODI).

7. Main results

Decreases in VAS score ($P<0.0001$) and ODI score ($P<0.0001$) and increase in lumbar flexion angle ($P=0.008$) were significantly greater in Arm 1 than Arm 2 after the first and second treatments but were similar in both groups after the third treatment.

8. Conclusions

Spiral taping therapy accelerates recovery from low back pain.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

This study evaluated the efficacy of spiral taping for low back pain. The O-ring test was used as an inclusion criterion but its accuracy has never been sufficiently verified by scientific evidence. Moreover, the study design could have been improved by including an assessment of itch and flare in the skin.

11. Abstractor and date

Kim HJ, 17 August 2010.