

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

Reference

Kim HS, Kim MK, Hwang JP, et al. The clinical studies for Kinesio taping on patients with nuchal pain caused by traffic accidents. *Hanbang-Jaehwal-Uihakgwa-Hakhoeji (Journal of Oriental Rehabilitation Medicine)* 2008; 18(3): 67–80 (in Korean with English abstract).

1. Objectives

To evaluate the effect of Kinesio taping[®] on traffic accident patients with nuchal pain.

2. Design

Randomized controlled trial (RCT).

3. Setting

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

4. Participants

Patients with nuchal pain caused by injuries from traffic accident trauma, with cervical spine deformity on cervical spine X-ray, and hospitalized in Dae-Jeon Oriental Hospital, Department of Oriental Rehabilitation Medicine, between February 2007 and May 2008 (n=40, age=20–55 years).

5. Intervention

Arm1: Treatment group (n=20). Acupuncture + Physical therapy + Oriental drug + Kinesio taping[®] (for 48 hours or less, twice a week for 2 weeks, four treatments in total at the sternocleidomastoid, trapezius, and semispinal muscles) (n=20).

Arm 2: Control group. Acupuncture + Physical therapy + Oriental drug therapy (n=20).

6. Main Outcome Measures

Pain evaluated on a visual analogue scale (VAS), Pain Rating Score (PRS), Neck Disability Index (NDI).

7. Main Results

There was a significant decrease in VAS and NDI scores after 3 days of treatment and PRS score after 6 days of treatment in Arm1 ($P<0.05$). The decrease in VAS and NDI scores was significantly greater in Arm 1 than Arm 2 after 12 days of treatment ($P<0.05$) and the decrease in the PRS score was significantly greater in Arm 1 than Arm 2 after 9 days of treatment ($P<0.05$).

8. Conclusions

Kinesio taping with acupuncture provides more relief from nuchal pain caused by traffic accident trauma.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

This study verified the effectiveness of treatment with Kinesio taping for relief of nuchal pain due to traffic accident trauma. In the treatment group, patients received acupuncture, physical therapy, Oriental drug therapy, and Kinesio taping therapy, twice a week for 2 weeks (4 treatments in total). The VAS, PRS, and NDI scores were evaluated 5 times during hospitalization and showed that Kinesio taping improved the condition of traffic accident patients. In particular, pain reduction was greater later in the course of treatment. It is suggested that treatment with Kinesio taping after acupuncture can increase the treatment effect.

11. Abstractor and date

Cho SH, 13 July 2010.