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Kinesio tape vs Neuromuscular stimulation for conservative treatment of hemiplegic shoulder: A randomized controlled trial

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This study aimed to compare the effects of kinesiotaping and neuromuscular electric stimulation (NMES) on pain, and motor activity and function in patients with upper extremity hemiplegia. A total of 67 outpatients who acquired ischemic stroke with the upper extremity involvement were enrolled in the study. The patients were randomly assigned to an NMES group, a kinesiotape implementation group, and a control group in addition to physiotherapy. Treatment duration was 4 weeks. Motor Activity Log-28, Fugl-Meyer Sensorimotor Assessment Scale (FM), and visual analog scale (VAS) were used for the assessment. A significant improvement in FM (taping group, $p \leq 0.001$; NMES, $p \leq 0.001$; control group, $p \leq 0.001$) and motor activity scores was found in all groups, although this effect was superior in function for the taping group ($p = 0.027$). A significant decrease was found in the pain intensity both at rest (taping group: $P \leq 0.007$; NMES: $P \leq 0.014$), and with activity for the taping and NMES groups (taping: $p \leq 0.010$; NMES: $p \leq 0.016$), whereas no significant decrease was found in the control group either at rest or with activity ($p = 0.054$ for both). No reverse effect was reported. Data suggested that all treatment options were effective on motor activity and pain but kinesiotaping seemed to have a superior effect on function.

Biography

Gul Oznur Karabicak has completed his PhD at the age of 29 years from Hacettepe University and still works as a assistant professor in Baskent University Physiotherapy and Rehabilitation Department. She mainly studies on rehabilitation, exercise, orthopaedics.

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