

Effect of kinesio taping on pain post laporoscopic abdominal surgery: randomized
controlled trial

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Abstract

Purpose to investigate the effect of Kinesio® Tex Taping on pain and physical tolerance post laporoscopic abdominal surgery. Subjects& Methods: 65 Patients with recent abdominal surgeries were recruited and randomly divided into 2 groups: the study group (n= 32), received kinesiology taping applied immediately postoperatively and changed every 48 hours until the 8th day postoperatively in addition to the standard postoperative care. While the control group (n= 33) received the standard postoperative care only. The measurements of pain numerical rating scale, visual analogue scale, and 2 minutes' walk test were taken after the first, third and eighth days. While, patient's global impression of change was taken only at the eighth day. Results: both study and control groups revealed a highly significant differences of the first 3 parameters between the first& third and third & eight days ($P < 0.05$). Between groups, the first day showed that there was non-significant difference. The third and eighth days showed highly significant differences ($P < 0.05$). Patient's global impression of change showed a highly significant difference between the study and control groups on the eight's day ($P < 0.005$). Conclusion: the data suggest that the kinesio taping is very effective in treating postoperative abdominal pain.

Key words: Kinesio taping, Postoperative pain, abdominal surgery