

Effect of Kinesio taping on pain post laparoscopic abdominal surgery: randomized controlled trial

Sayed A. Tantawy*, Dalia M. Kamel (16-17 March 2017)

* Physiotherapy Department, College of Medical and Health Sciences, Ahlia University. P.O. Box 10878, Manama, Kingdom of Bahrain

Abstract

Purpose to investigate the effect of Kinesio® Tex Taping on pain and physical tolerance post laparoscopic 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.