

Investigating the effect of Kinesio tape over the conventional physical therapy management of shoulder related complications in post mastectomy females: A randomized control trial

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Abstract

Background: Post-mastectomy complications are often noted and complaints by breast cancer survivors often involve the development of chronic arm pain with accompanying limitation of shoulder motion. **Aim of the study:** to investigate the effect of the kinesio taping of the shoulder pain and range of motion (ROM). **Method:** 74 female patients underwent modified radical mastectomy were involved in this study. They were randomly divided into two groups, experimental received kinesio tape for shoulder joint in addition to conventional physiotherapy program while the control group received the physiotherapy program only. Outcome measures were visual analogues scale, shoulder ROM and shoulder Pain and Disability Index. **Results:** the experimental group showed significant differences ($P > 0.05$) in all outcome measures in both within and between groups. The control group showed within group significant difference only in shoulder flexion. **Conclusion:** clinicians should be able to recognize the benefits achieved through the use of adjunct treatment options such as KT in comparison to benefits that can be obtained through the use of individual modalities in physical therapy. KT can be suggested and recommended for post-mastectomy patients especially for pain-relief and shoulder ROM.