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KINESIOTAPE AND MCCONNELL-TAPE TECHNIQUES ON THE PATELLOFEMORAL PAIN SYNDROME

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ABSTRACT

Background and Purpose: Patellofemoral pain syndrome (PFPS), is a common knee injury, often causes the abnormal patella tracking in the biomechanics. Kinesiotape and McConnell-tape techniques are two athletic taping methods, used to prevent knee injuries during sport. However, the studies comparing their techniques and effects were rare. So the aim of this study was a literature review of the published researches explored techniques and effects of Kinesiotape and McConnell-tape techniques.

Materials/Methods: This study was made of the MEDLINE, PubMed and CINAHL database published from 2008 to 2012. Key words, Kinesiotape, McConnell tape and patellofemoral pain syndrome, were used to search. Included criteria were that the subjects were diagnosed as PFPTS; the study must have involved randomized grouping with single- or double-blind design; and the control group must received a placebo treatment. We analyzed the study design, interventions, assessments and results from the collected literatures.

Results: 5 randomized control studies were included. One of the literatures studied Kinesiotape technique, and the others concentrated on McConnell-tape technique. All literatures showed that two taping techniques can reduce the pain and symptoms in the PFPTS patients. In the studies of McConnell-tape technique, the improvements of corrected patella position and knees' proprioception were found. Kinesiotape technique can change the location and mobility of the patella, but can improve the flexibility of soft tissues in the PFPTS.

Conclusions and Clinical Relevance: McConnell-tape and Kinesiotape technique are useful treatments for PFPTS patients. But the principles of two applications are different.