

The Effect of Taping Applied on the Skin along with the Orientation Muscle Fibres of the Underlying on the Muscle Activity of this Muscle

BACKGROUND: Taping, a straight-chain applications naplasfovyeh tension on the skin Tapovan areas with the aim of a preventive or therapeutic input in the musculoskeletal system, in current clinical practice used many methods. Presto has not yet been satisfactorily objectively assess the effect of taping on muscle activity and is also missing a job that would comprehensively presented the theoretical bases of this method.

Objective: The objective of this thesis was vytvofit pfehled current theoretical knowledge concerning the issue of taping and in the context of a clinical trial after tapu evaluate the effect applied (in several different ways in two different cases by material) in the course of muscle fibers to the activity of the underlying muscle.

Methods: The study was conducted on five healthy subjects that have been Comparing median frequency during the change of EMG signals during a three-minute duration with Isometric muscle contraction of 30% MVC for m. biceps brachii PFI state without use tapu and dale at tfech different ways by taping on the skin in the course of muscle fiber, without tension, the tension acting in shortening and tension acting to stretch, pficemz all methods of application were investigated in two types of materials - solid and flexible.

Results: The theoretical part is managed vytvofit's comprehensive pfehled Recent findings on the issue of taping, clinical trial results then indicate on tapu tend applied over the muscle during muscle fibers increase bezprostfedne after applying a median value of frequency EMG signals at the beginning Isometric muscle contraction of 30% MVC, but also at the same time accelerate her decline in the first periods of isometric contraction.

Keywords: taping, muscle activity, electromyography, m. Biceps brachii