

Abstract

Title: The Effect of Kinesiotaping on Pain Threshold Alteration of Lower Limbs and Pelvis in Latin American Sport Dance Couples

Objectives: The aim of this study is to monitor the alteration of the pain threshold in predilective points of lower limbs and pelvis during loaded regime and to compare these changes with the control group with no kinesio tape.

Methods: This experimental study employs intervention of kinesio tape applied to inhibit m. gastrocnemius medialis et lateralis and for mechanical correction of hallux valgus. There were five couples in experimental group and five couples in control group. The pain threshold change was objectivised by pressure algometer.

Results: The measured data showed that the kinesiotaping has a positive influence on pain threshold in sport dance couples. In most dancers (9 out of 10) kinesio tape contributed to increasing or smaller decreasing of pain threshold with respect to the other lower limb. In comparison with the control group, pain threshold of dancers in the experimental group increased or decreased less even despite acute or subacute injury of the taped lower limb. One more finding is that the postural function has an influence on the pain threshold change after load. Pain threshold had a downward tendency in investigated persons with a worse function of postural muscles.

Keywords: kinesio taping, kinesio tape, pain threshold, pressure algometry, sport dance, Latin American dance