The main aim of Anna Neklanova master thesis was to evaluate a change of pain level and grip strength in thumb joint (MCP I) after kinesio tape application among physiotherapist performing manual therapy. The differences in grip strength were measured with hand dynamometer and the pain was identify with VAS scale. Measurements were done for each therapist before starting a work-shift and immediately after it (daily work in outpatient therapy according to therapist’s working shift). Each therapist recorded a level of pain during work (every 10 minutes). All the results were processed and statistically analyzed.

The results show that kinesio tape is successful in decreasing of thumb joint pain, both during and after the work. At the same time the application of kinesio tape prevents decreasing of the grip strength.
recommend master thesis for its defense and the work can be assessed with grade B – »very good«. 

At the master thesis defense student shall explain:
1/ Are there any suggestions or are you familiar with a method / approach to avoid pain among physiotherapists during performing manual therapy (in hands area)?
2/ What is your opinion about how following claims can influence incidence of thumb problems among PTs and how they could be used in the prevention and treatment of thumb pain among PTs (time spent performing manual therapy, number of patients, active breaks, correct learning of techniques...)?
3/ Do you think that taping of the thumbs prior to performing manual therapy improved thumb alignment during mobilisation or just stimulate receptors and decreases pain via neurological way?

6. Recomendation for defence:  

| YES | NO |

7. Designed classificatory degree  

| very good (B or 2) |

according defence

Date: 28.08.2015  

signature of the leadership