

ABSTRACT

Title: Effect of Kinesio Taping on the functional condition of the musculoskeletal system

The concept of the problem: The kinesiotaping method is currently very popular therapeutic method in sport as well as in physiotherapy. Although this method was primarily developed as therapeutic method, there is only a few studies, in which the kinesiotaping method is used on healthy individuals.

Objective: The objective of this thesis is to evaluate the immediate effect of applied kinesio tape on changes in the range of motion of the thoracic spine in the sagittal plane on healthy individuals.

Methods: The theoretical part deals with summary of the taping method as well as with anatomical and kinesiological aspects of flexion and extension of the thoracic spine. The practical part as an experiment (single blinded controlled trial) is dedicated to the application of kinesio and placebo tape, the way that both tapes were applied was specifically designed for the purpose of this thesis and for specifically selected individuals. For gathering the data and for the evaluation the changes in the range of motion, the index of thoracic spine mobility was used.

Results: For experimental group – kinesio tape there were no statistically significant increase in the range of motion. Vice versa, according to the obtained data and descriptive statistics there was a decrease in range of motion (statistically not significant). The hypothesis, that applied kinesio tape will immediately increase the range of motion of the thoracic spine in the sagittal plane was not confirmed. For control group – placebo tape the hypothesis, that applied placebo tape will have no effect on increasing the range of motion was confirmed, because there were no statistically significant changes in the range of motion before and immediately after the application of the placebo tape. This result is also confirmed by obtained data and descriptive statistics.

Keywords: thoracic spine, sagittal plane, range of motion, kinesiotaping