

Effect of Kinesiotaping and Knee Brace on Functional Performance in Recreational Athletes

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Objectives Kinesiotaping is a popular taping method that is used for both therapeutic and performance enhancement purposes. Knee braces are widely used for prevention in sport injuries but their performance effectiveness is still controversial. The aim of this study was to determine whether kinesiotape or brace was more effective on functional performance.

Methods: A total twenty male recreational football players (Mean±Standart Deviation (SD) age: 22.5±0.68 years, height: 175.15±3.37 cm, body weight: 74.52±12.41 kg), voluntarily participated in this study. Participants were tested with kinesiotape, with brace and without kinesiotape and brace. Tests were applied one day after patellar kinesiotaping (correction technique). Balance property measured with Modified Y balance Test (dynamic test), agility measured by T test, muscle strength and anaerobic power assessed by vertical jump and triple hop tests. Wilcoxon signed rank test was employed for determining the statistical significance of tests with kinesiotape, with brace and without kinesiotape and brace.

Results: In analysis; There were statistically significant differences found in Triple hop test with kinesiotaping and without kinesiotaping and brace, in T test with bracing and kinesiotaping, in vertical jump with kinesiotaping and without kinesiotaping and brace ($p<0.001$) (in the favour of kinesiotaping in all tests) No statistically significant difference was found in modified Y balance test all groups ($p> 0.05$).

Conclusion: Consequently, kinesiotaping had positive effects on agility and muscle strength but had no effects on balance in football players. On the other hand, brace had no effects on functional performance tests.

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