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Does The Application of Kinesiology Tape Aid in Increasing Venous Flow

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Does The Application of Kinesiology Tape Aid in Increasing Venous Flow

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Abstract

Kinesiology tape has become extremely popular among athletes of all ages. It’s bright colors and the unique patterns created by the tape have gained an astounding amount of attention. KT tape is a highly elastic tape that is advertised to increase muscle proprioception, reduce pain, and increase the space between fascial layers for higher venous flow. There has been a large amount of controversy surrounding KT tape and the placebo effects its usage may have. The purpose of this study is to determine if kinesiology tape actually increases venous flow which will result in a reduction of edema and ecchymosis after injury.

Introduction

Kinesiology tape is used on a wide variety of athletes to help mediate acute edema and ecchymosis. Unlike many other clinical tape procedures, KT tape is not used to stabilize the aspects of the body, but rather to aid the bodies natural healing process. There are a number of medical professionals who disagree with the usage of kinesiology tape. Many believe the tape is nothing more than a psychological or placebo effect for the patient. However, this theory is proven to hold only partial truth, as there are also a number of studies that support KT tape aiding in the healing process.

Conclusion

In conclusion, KT tape is clinically used to reduce pain, improve circulation between the fascial layers, and enhance proprioception. Research has found that KT tape does enhance the musculoskeletal healing process both physically and psychologically. Often times the pull on the skin that kinesiology tape provides is enough to enhance an athlete’s proprioception. This can cause an athlete to activate certain muscles during specific movement patterns. The designs KT tape creates can certainly cause a placebo effect for the athlete regardless of the goal of the treatment. Kinesiology tape is definitely not a stabilizing tape and should not be used in that manner. At this time there is not a conclusive amount of evidence to whether or not kinesiology tape actually aids in muscle proprioception or the reduction of edema and ecchymosis.

References


Figure 1. KT tape comes in various varieties

Figure 2. KT tape is used for all types of injuries

Figure 3. L to R, Day one, immediate application of KT tape, day two post KT tape

Figure 4. KT tape is used for all types of injuries

Figure 5. Provides a visual aid of the progression of KT tape over the course of only two days. There is a notable reduction of edema and ecchymosis which supports the idea that kinesiology tape increases venous flow between the fascial layers.