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## A comparative study on the influence of kinesio taping® and laser therapy on knee joint position sense, pain intensity, and function in individuals with knee osteoarthritis

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**Introduction:** Conservative rehabilitation methods are assumed as a fundamental part of treatment in patients with knee osteoarthritis (OA). The objective was to investigate the influence of Kinesio Taping® (KT®) and low level laser therapy (LT) on pain intensity, function, and knee joint position sense (JPS) in such patients.

**Materials and Methods:** Twenty-six male patients (Mean±SD of age: 48.5±4.6 years) with unilateral knee OA were randomly divided in to two groups of KT® (N=13) and LT (N=13). Both groups followed their own specific therapeutic protocol in addition to routine physiotherapy program for 10 sessions. The outcome measurements included pain intensity, function, and knee JPS; which were evaluated using visual analogue scale, 'Up and Go test',

and reproduction of target angle at baseline and after completing the interventions; respectively.

**Results:** Both methods can significantly improve pain intensity, reduce the time to perform 'Up and Go test', and reduce the angle reproduction error of 60° knee flexion ( $P<0.001$ ). Mean difference for target angle reproduction error was more significant in KT group compared to LT group ( $P<0.001$ ); while no significant mean difference was found for other measurements ( $P>0.05$ ).

**Conclusion:** KT® and low level laser can improve pain, knee JPS, and function in clients with knee OA; however there is better effect of KT® on knee JPS.

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