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The effects of kinesio taping applied cervical muscle on pain, disability and quality of life in patients with episodic migraine

Kinesio taping (KT) involves application of flexible water-resistant elastic bands on the patient's body, resulting in painless and non-invasive stimulation. The aim of this study was to investigate the effect of kinesio taping on pain, pain threshold, disability and quality of life in patients with episodic migraine. A randomized placebo controlled prospective study was planned. Thirty-six (n=36) with episodic migraine patients were randomized to kinesio taping (n=12), placebo (n=12), and control (n=12) groups. Three groups were included in this study for six weeks. The control group received a home exercise program and daily living activity recommendations. Sham banding was applied to the trapezius and deep cervical muscle groups for the placebo group. Kinesio taping was applied to the trapezius and deep cervical muscles for the treatment group. Demographic and clinical data were collected from patients. Pain pressure threshold (Baseline Dolorimeter), Visual Analog Scale (VAS), Migraine Disability Assessment Scale (MIDAS) and Short Form-36 (SF-36) were used to evaluate the patients before and after treatment. When the differences in the three groups before and after treatment were compared, a significant improvement was observed in the KT group compared to the others group in terms of headache duration, headache days within 1 month, VAS, pain pressure threshold ($p<0,05$). SF-36 physical component scores and the disability within one month due to migraine(days) were found significant lower in the KT group ($p<0,001$). Kinesio taping combined with exercise is effective in improving for pain, disability and quality of life in patients with episodic migraine.

Biography

Esra Kinaci has completed her undergraduated degree at Istanbul Medipol University and Postgraduate studies at Istanbul Medipol University, Department of Physiotherapy and Rehabilitation. She has worked as a Physiotherapist at Pediatric Rehabilitation Center in Istanbul between September 2016-April 2017. She's been a Research Assistant at Duzce University, Department of Physiotherapy and Rehabilitation since 2017. Her research interests include pediatric neurology, neurologic rehabilitation, orthopedic rehabilitation, women's health.

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