

Master Thesis from Stephan Mogel
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Kinesio Tape & Hamstrings

Aim: the purpose of this study is to show a effect of kinesio tape on the hamstrings concerning strength and mobility

Materials and methods: 107 healthy, sporty participants (; two experimental groups (n= 46 n= 42; one control group(n= 19)

Measurements: Mobility of the knee flexion, hip extension and bend forward (distance fingertips and floor) with neutral zero method and the isometric strength of the hip extensors with the Back Check Dr. Wolff.

A Muscle TEchnique for the hamstrings was applied from proximal to distal.

Repeated measure ANOVA was taken to show a group effect, time effect, mean change difference

Main results: The mobility of the hip extension was significant increased ($p= 0,004$), the mobility of the hip flexion was significant increased ($p= 2,2e-16$)

The isometric strength of the hip extensors was significant increased ($p= 1,109e-13$)

Conclusion: the significant increase of mobility and strength showed that the application of kinesio taping as an therapeutic intervention could be a good advice.

Other studies showed also a effect in strength and mobility but there is need for more studies to proof the physiological effects of kinesio taping.