

# Clinical efficacy of kinesiology taping in reducing edema of the lower limbs in patients...

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Full Title: Clinical efficacy of kinesiology taping in reducing edema of the lower limbs in patients treated with the ilizarov method--preliminary report

**INTRODUCTION:** Postoperative edema of predominantly lymphatic origin is a significant hindrance to physiotherapy in patients subjected to limb lengthening by the Ilizarov method. New treatment methods are being sought, and Kinesiology Taping is one of them. **MATERIAL AND METHODS:** The study involved 24 patients of both sexes subjected to lower limb lengthening using the Ilizarov method who had developed edema of the thigh or crus of the lengthened extremity. The mean age of the patients was 21 years. The patients were randomized into two groups of twelve, which were then subjected to 10 days of standard physiotherapy. The study group was additionally treated with Kinesiology Taping (lymphatic application), while the control group received standard lymphatic drainage. Treatment results were assessed by comparing the linear circumferences of the lower limbs before and after the treatment. **RESULTS:** The application of Kinesiology Taping in the study group produced a decrease in the circumference of the thigh and crus statistically more significant than that following lymphatic drainage. **CONCLUSIONS:** 1. Both standard edema-reducing treatment in the form of lymphatic massage and Kinesiology Taping significantly reduced lower limb edema in patients treated by the Ilizarov method. 2. The application of Kinesiology Taping in the study group produced a significantly faster reduction of the edema compared to standard lymphatic massage.

Ortop Traumatol Rehabil. 2009 Jan-Feb;11(1):46-54. Bialoszewski D, Wozniak W, Zarek S. Division of Rehabilitation, Department of Physiotherapy, 2nd Medical Faculty, Medical University of Warsaw. bialoszewski@wum.edu.pl



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