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## **The effect of kinesiio taping on lower trunk range of motions.**

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The purpose of the study was to determine the effects of kinesiio taping (KT) on trunk flexion, extension, and lateral flexion. Thirty healthy subjects with no history of lower trunk or back issues participated in the study. Subjects performed two experimental measurements of range of motion (with and without the application of KT) in trunk flexion, extension, and right lateral flexion. A dependent t test was used to compare the range of motion measurements before and after the application of KT. Through evaluation of the sum of all scores, KT in flexion produced a gain of 17.8 cm compared with the non-kinesiotape group ( $t(29)=2.51$ ,  $p<0.05$ ). No significant difference was identified for extension ( $-2.9$  cm;  $t(29)=-0.55$ ,  $p>0.05$ ) or lateral flexion (3 cm;  $t(29)=-1.25$ ,  $p>0.05$ ). Based on the findings, we determined that KT applied over the lower trunk may increase active lower trunk flexion range of motion. Further investigation on the effects of KT is warranted.

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MeSH Terms

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