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Thiem wao giò hangh than zen fon: Kinesio Taping is now seen by physiotherapists as a method of supporting rehabilitation and modulation of some physiological processes. It is used, for example, in orthopedics and sports medicine. This sensory method supports joint function, affecting muscle function, increasing the activity of the lymphatic system and endogenous analgesic mechanisms, as well as improving microcirculation. The aim of the study was to determine the effect of Kinesio Taping on changes in muscle tone during isometric contractions. Material and Method: The study team included 27 healthy people. The Kinesio tape was placed to support the medial head function of the quadriceps thigh muscle. Transdermal EMG was used to assess the bioelectric activity of muscles. The standardized protocol was used to measure muscle tone, recorded as peak muscle torque. Results: A survey carried out 24 hours after the Kinesio tape was placed revealed a significant increase in the set of motor muscle units, which is expressed at peak torque. A survey performed after 72 hours of kinesio tape showed a statistically significant increase in bioelectric muscle activity. However, this was lower than the effect for 24 hours. In a group where the tapes were removed after 24 hours, high torque is still maintained. Conclusions: 1. Clinically significant effects of Kinesio Taping in this study included an increase in bioelectric muscle activity after 24 hours of kinesio tape and maintaining this effect for another 48 hours after removing the tape. 2. The decrease in muscle tone to the baseline observed during the fourth day of use of Kinesio Taping may have been due to the fact that the effective use of the CT tape was shorter than previously thought and may limit the use of Kinesio Taping. 3. Kinesio Taping, used shortly before the motor activity it must support, may not perform its function. Background: Proprioception and body balance after knee arthroplasty have a significant impact on the recovery of joint function and normal pattern of gait. Kinesiology Taping (KT) is a method that may be able to influence these factors. The purpose of this study was to assess the effect of CT on sensorymotor efficiency, balance and gait in patients undergoing rehabilitation—thion after knee replacement surgery. Material and Methods: The study involved 120 male and female patients (the average age was 69 years) after a full knee replacement. Patients were randomly assigned to one of two groups: The Experimental Group (n=51) and the Control Group (n=60). Both groups passed the standard 20 days. In addition, the Experimental Group received applications for CT. The results of the treatment were evaluated on the basis of tests balance, sense of joint position and functional gait performance, is performed both before and after therapy. Results: Statistically significant improvements were noted in all parameters assessed in the Experimental Group (p<0.005). Significant improvements were also seen in the Control Group (p<0.005), but in percentage terms this improvement was higher in the Experimental Group. The only exception was the distribution of the right/left leg load, the symmetry of which improved proportionally in both groups. Conclusions: 1. Patients after knee replacement surgery have significant proprioception deficiency, impaired body balance and decreased functional performance, which may increase the risk of falls in this group of patients. 2. Both standard physiotherapy and combination therapy with taping kinesiology (modified by current authors) used in patients after knee arthroplasty can significantly improve the level of proprioception, body balance and overall functional performance. 3. The dynamic tape technique proposed herein can optimize the standard physiotherapy used in patients after knee arthroplasty and improve its clinical effectiveness. Further research is needed. Keywords: arthroplasty; Body balance kinesiotaping; knee joint; Physiotherapy; proprioception; complete knee replacement. Kinesiology is an anatomical science that focuses on the treatment of connective tissue, joints, muscles and tendons - the science of muscle and skeletal movement. The holistic kinesiological tape technology has been designed to balance body health, endurance and energy, without the use of medication or surgery. Kinesiology treats the body as a mechanism that is controlled by a complex computer - the brain - that constantly communicates with hundreds of muscles and other tissues throughout the body. Healthy muscles are balanced; unhealthy, overstretched muscles are unbalanced and weak. Kinesiology aims to maintain balance in muscles and adjacent tissues, and one method is to do this by simply wrapping the muscles and surrounding tissues with a supporting material called kinesiology tape. What is a kinesiological tape? The kinesiological tape is constructed from a thin, breathable, stretchable material, usually cotton or cotton mixture. Its elasticity does not limit the scope too much, and it is designed to provide sufficient pressure and support to relieve strength in muscles and tissues. This tape sticks to the skin with medical support, waterproof and pot-proof glue. It comes in latex and hypoallergenic varieties for people who may be allergic to latex. Tape can usually stay in place for three or four days, even during the shower or Positive results are reportedly felt within 24 hours for many users of the kinesiology tape. How does kinesiological tape work? The method of recording kinesiology is based on Science maintains the body's support by allowing blood and other bodily fluids to move freely through and around the injured muscle. The kinesiological tape stabilizes the damaged area, slightly sticking to the skin and applying pressure on the tissues around which the tape is wrapped. This tape allows the connective tissue surrounding the affected muscles or tendons to move along with the body. It gently allows the free flow of blood and lymphatic fluid to clear and heal inflammation without the use of medication or surgery. This special tape helps improve circulation, support muscles, allow internal trauma to heal, and help prevent further muscle injuries while at the same time allowing movement. Who can help kinesiology? Any soft tissue injury or pain can benefit from kinesiology tape - each of the young athletes with excessive or injured muscles is an elderly person with a degenerative joint disease. Kinesiology tape can help: Those whose professions involve hard physical labor and repetitive movements (builders, factory workers, gardeners, mechanics, miners, secretaries, etc.) are people who sit and work at a table for long time every day, or who have a sedentary lifestyle. Athletes and other physically active people, including cyclists, golfers, runners and other exercise enthusiasts or those who play sports. People who suffer from the effects of poor posture, bad sleep habits, etc. are sick with joint pain. People suffering from joint, muscle or tendon injuries of any kind, whether due to illness or accidents. The areas of the body where kinesiology tape is commonly used include: Back calves Elbows Hamstrings Knee Wrists 5 Benefits of Kinesiology Taping Goals Kinesiology Tape are improved circulation, muscle support, promote healing, and help prevent injury or further injury. Five of the main benefits of using this method are: Reducing pain: Gently applying pressure, kinesiology tape helps to disrupt and dissipate pain. Increased circulation and reduced inflammation: Tape can help remove congestion, allowing effective oxygen circulation of blood and lymph fluids. Circulation washes away stimuli, thereby reducing inflammation and chemical accumulation and contributing to a speedy recovery. Improved posture and muscle support: Tapes of areas that move away from correct posture can help gently maintain proper posture. The correct tape also allows weak muscles to function effectively, reduces pain and fatigue, and protects against seizures, excessive enlargement and excessive contraction. Improved athletic performance: By supporting unstable joints and providing little pressure on sleeping muscles, the tape can cause higher Unlike other auxiliary devices that can cause dependence on them for stability and support, kinesiological tape trains the body to become independent and and Supported endogenous analgesic system: the tape allows the body's own healing mechanisms to work in the process of recovery. (Endogenous means internal, and painkiller means pain relief.) Who can help with my muscle pain and joint issues? Kinesiology by tape is reported to have positive physiological effects on the lymphatic and circulatory system, muscles, ligaments, tendons and joints. Our dedicated staff can help explain how best to use this method to relieve your pain and other orthopedic issues. Orthopaedic Associates employs both advanced treatments and traditional treatments to address a variety of orthopedic conditions. For more information or to schedule a consultation, call (440) 892-1440 or complete our easy-to-use online admissions form. We look forward to helping you feel better and have a more painless lifestyle. Kinesiology Tape (KT) is a therapeutic tool and is becoming increasingly popular in the sports arena. The tape has long been used to prevent and treat sports injuries. CT is used not only for sports injuries, but also for various other conditions. It was developed by Japanese chiropractor Dr. Kenzo Kase in the 1970s with the intention of relieving pain and improving healing in soft tissues. There are many benefits offered for CT, including: proprioceptive simplification; Reducing muscle fatigue; Muscle simplification Reducing delay in the onset of muscle soreness; Pain inhibition increased healing, such as reducing swelling, and improving lymphatic drainage and blood flow. The KT properties are pre-stretched by 15-25%, as it applies to backup paper. It is characterized by the ability to stretch to 120-140% of its original length and, after application, roll back to its unstretched length. The CT is supposedly imitating the physical qualities of the skin, as it is believed to have the same weight and thickness of the epidermis along with its inherent elastic properties. It consists of polymer elastic, wrapped in 100% cotton fibers, which allows moisture to evaporate. The glue is heated and applied in a wavy pattern, mimicking the qualities of fingerprints on the tip of the finger. The CT is waterproof and breathable, and it can be worn during exercise, showering and even swimming. It dries quickly and rarely causes skin irritation, however; If skin irritation occurs, advise the patient to remove the tape immediately and wash the area with warm soapy water to remove any residual glue. If used correctly, it will last up to 3-5 days. The application type theory theoretically determines the physiological outcome: for example, CT is applied not stretched over hand-stretched skin above Muscle. This type of application will cause the skin to form bundles, bundles, suggest that these convolutions encourage the regeneration of damaged tissues by increasing the interstitial space and facilitating the interstitial pressures that occur from swelling post injury. This decrease in pressure also demprofs the subcutaneous nociceptors, which leads to a reduction in pain. In addition, you may know that lifting the skin detacheds the filaities that attach the skin to the endothelial cells of the lymph and capillary beds. This is proposed to create channels that allow for the lymph to drain, thus reducing swelling and allowing increased blood flow to the area. Evidence of these theories is still in its infancy and requires extensive research. The basics of application Make sure to carefully evaluate the patient in order to determine the most appropriate application Do not apply tape on any area of the skin that is damaged: scratches; Cuts Burns; Sunburns or any type of skin rash/skin irritation should be free of oils and lotion before applying If the body hair restricts adhesion you may need to trim or shave the area NOT applied with excess voltage (as with the use of zinc oxide) If the patient exercises, ensure sweating is completely stopped before applying If you use a roll of tape, Measure and cut thoroughly round all the edges of the tape to prevent premature peeling Avoid touching the glue side of the tape after removing the support as it can reduce the strength of the glue on the skin Once the tape is applied, activate the heat-sensitive glue by rubbing up and down the surface of the tape Wait at least 1 hour after application before engaging in an activity that causes sweating not to swim or shower for at least 1 hour after application , swimming or shower, pat gently with a towel 7 Contra-indication and precautions of malignant infection, cellulite Open wound DVTPrecautions: Diabetes congested heart failure Fracture Various types of ct application can be applied in the form of 'Y', 'I', 'X', 'Fan', 'Web' or 'Donut'. The shape selection depends on the size of the affected muscle and the result you are trying to achieve. The 'Y' tape app is usually used for: Surround the target muscle inhibition or ease muscle stimuli should be 2 inches longer than the target muscle 'I' tape app is commonly used for: Acute injuries instead of 'Y' Oedema tape and pain (primary goal) Alignment correction 'X' tape app is commonly used when: Origin and insertion changes the target muscle depending on movement, for example. Rhomboids 'Fan/Web' tape app used for: Oedema (the web is different because the ends remain intact) 'Donut' tape app is commonly used for: Oedema (use of overlapping bands and center cut over the focus area) Insert in To inhibit excessive or stretched muscles Light stretch is used to achieve the goal of origin in the insert: Used to relieve weak or immoderate muscles Light to a moderate stretch required CT does not require that any partial section

be applied on the tape. Full - 100% Heavy - 75% Moderate - 50% Light - 15-25% No - 0%For percentage stretching belong to the percentage of the available site. Tape Attraction Line Is Key Relief: Proximal Ditch (15-50% Tension) Inhibition: Distal Proximal (15-25%) Kinesio Tape Instruction Video in -Increasing ROM - Increased Function -Reducing Swelling / Swelling Pros Some Evidence Proves Theory Provides Treatment Applicable to Multiple Populations Of Patient Sense Treatment Encourages The Movement of VersatileCons Small Volume of Evidence, to prove the theory Dear requires the practice of skin irritationPatent after care Tips If the tape makes the symptoms worse, then remove it, then rub it to re-activate the tape glue Do not dry it with phenSource Links Liu YH, Chen SM, Lin CH, Huang CI, Sun YN. Tracking movement on the ulnar tissue from an ultrasonic sequence of images for patients with alteral epicondilyth. Materials of the 29th annual international conference IEEE EMBS Cite Interbationale, Lyon, France, 2007. 2.0 2.1 2.2 Kakhanov L. Kinesio Tape, Part 1: Review of its use in athletes. Sports Therapy Today 2007;12:17-18. Bassett CT, Lingman SA, Ellis RF. The use and treatment of the effectiveness of kinaesthetic tape for musculoskeletal disease: a systematic review. Journal of Physiotherapy 2010;38(2):56-62. - Kase K. Clinical therapeutic application of the kinesio recording method. Ken-and-Kai Info 2003 - Hammer WI. Functional examination of soft tissues and treatment by manual methods. 3rd Ed. Boston: Jones and Bartlett Publishers, 2006 - Lipinskaya A., Silvinsky S., Kibzak W., Senderek T. Effect of kinesiotation on upper limb lymphoedema in women after mastectomy. Polish Journal of Physiotherapy 2007;7:258-269. U.S. Food and Drug Administration (FDA). (access to June 13, 2013). 8.0 8.1 Kaze K, Wallis J, Kaze T. Clinical Therapeutic Application of the Kinesio Recording Method. Tokyo: Japan, 2003. - Kinesio Taping International Association. Kinesio HK: Original from Dr. Kenzo Cace since 1979. (access to June 13, 2013). 2013).

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