A Fast and Continuous Effect: Kinesio Taping

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Dear Editor,

I read the manuscript by Öncü et al., entitled “Efficacy of Kinesio-taping on Symptoms, Hand Functions, and Hand Grip Strength in Carpal Tunnel Syndrome: A Single-Blind and Randomized Controlled Study”, which is published in the 1st supplement of your journal, with great interest. Öncü et al. (1) referred to our study on the efficiency of kinesio taping (KT) in patients with impingement syndrome. However, the efficiency of KT in patients with impingement syndrome is not just limited to the first week, as stated in the study (2). In our study, it was emphasized that KT was more superior to physical treatment modalities during the first week. It was also mentioned that it was a more preferable complementary method than physical treatment modalities owing to its rapid pain-decreasing and function-improving effects. Moreover, the efficiency of KT continued in the following controls. In my opinion, the rapid effect of KT as a pain killer increases the feeling of confidence between a patient and physician and positively affects patient compliance to the treatment process. Furthermore, I think that the KT technique, which is being increasingly used today, has a rapid and continuous effect not only on impingement syndrome but also on other painful musculoskeletal system diseases.

References