

# EFFECTS OF KINESIO TAPING IN A PHYSICAL THERAPIST WITH ACUTE LOW BACK PAIN DUE TO PATIENT HANDLING: A CASE REPORT

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## Abstract

**Objectives:** The paper describes the case of a physical therapist with acute Low Back Pain (LBP) due to patient handling and the efficacy of Kinesio Taping (KT) around the trunk in the treatment of this occupational LBP. **Materials and Methods:** KT was applied around the trunk for 3 days, for an average of 10 h/day. Kinesio tape was applied with 130–140% stretch to the rectus abdominis, internal oblique, erector spinae, and latissimus dorsi muscles, which are activated in the process of lifting. **Results:** Following the KT application, the ‘Visual Analog Scale’ and ‘Oswestry Disability Questionnaire scores’ gradually decreased and active trunk range of motion limited by the LBP increased progressively. The physical therapist no longer complained of LBP and was able to handle patients without any pain. **Conclusions:** Hence, continuous application of KT around the trunk may be a supplementary treatment method for acute LBP in physical therapists and enable continuous patient handling without any loss of work time due to occupational LBP. In addition, KT may also be applicable for the prevention and treatment of occupational LBP in other professions involving lifting heavy objects.

## Key words:

Low back pain, Occupations, Patient lifting, Patient transfers

## INTRODUCTION

Physical therapy (PT) practice involves continuous bending, lifting or transferring patients, and performing repetitive manual therapy techniques [1]. These elements increase the risk of work-related musculoskeletal disorders (WMSDs) in physical therapists [2]. However, the unique PT workplace culture to develop therapeutic goals may make it difficult for physical therapists to implement methods to minimize the risk of WMSDs [3]. Physical therapists have been shown to miss work time (32%) [4] or leave

the occupation (17–30%) due to WMSDs [5]. Although many studies have assessed the prevalence of WMSDs among physical therapists, no study has examined appropriate measures of dealing with low back pain (LBP), which appears to be the most frequently reported WMSD in physical therapists.

Kinesio taping (KT) is a relatively new treatment technique, which is increasingly becoming an adjunctive method to treat musculoskeletal and neuromuscular problems [6]. However, no research has evaluated the

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effects of KT on occupational LBP. We describe the case of a physical therapist with acute LBP due to patient handling and the efficacy of KT around the trunk in the treatment of this occupational LBP.

## CASE REPORT

A 36-year-old male physical therapist developed acute LBP while lifting a stroke patient in order to transfer him from his wheelchair to a mat. The physical therapist had treated patients with musculoskeletal and neuromuscular problems for 8 years. He did not have any history of LBP. In the initial assessment, a Visual Analog Scale (VAS) score (0 representing no pain, 10 representing the worst imaginable pain) of 8/10 was reported for the low back area. The Oswestry Disability Index (ODI) score (ranging from 0% [no disability] to 100%), which is a validated instrument for measuring disability in spinal problems [7], was 72%. The back range of motion (ROM) instrument, reliable for the measurement of lumbar mobility [8], showed trunk flexion of 8° (normal range: 0–80°) [9], extension of 7° (normal range: 0–30°) [9], right lateral flexion of 5° (normal range: 0–35°) [9], left lateral flexion of 5° (normal range: 0–35°) [9], right rotation of 5° (normal range: 0–45°) [9], and left rotation of 5° (normal range: 0–45°) (Table 1) [9].

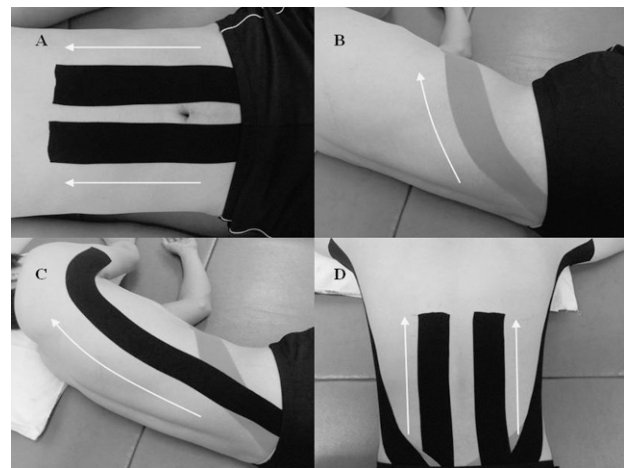
**Table 1.** The physical assessment results

Assessment	1st KT	After 1st KT	After 2nd KT	After 3rd KT	Final
Visual Analogue Scale (VAS)	8	5	3	2	0
Oswestry Disability Index (ODI) score (%)	72	50	34	24	0
Trunk flexion angle (°)	8	30	55	75	80
Trunk extension angle (°)	7	15	21	27	28
Trunk right lateral flexion angle (°)	5	13	25	29	33
Trunk left lateral flexion angle (°)	5	12	18	25	35
Trunk right rotation angle (°)	5	27	33	40	50
Trunk left rotation angle (°)	5	25	36	40	45

KT — Kinesio taping.

## MATERIALS AND METHODS

KT was applied around the trunk for 3 days, for an average of 10 h/day. Kinesio tape (Kinesio Tex; KT-X-050, Tokyo, Japan) was applied with 130–140% stretch [10] to the rectus abdominis (RA), internal oblique (IO), erector spinae (ES), and latissimus dorsi (LD) muscles, which are activated in the process of lifting [11]. For the RA, KT was applied while the therapist was flexing both knees, from near the symphysis pubis to the xiphoid process and the 5th to 6th costal cartilages (Photo 1A). For the IO, KT was applied when the therapist was in the side-lying position,



**Photo 1.** Kinesio taping (KT) application for the rectus abdominis (A), internal oblique (B), latissimus dorsi (C), erector spinae (D) muscles.

from the anterior half of the crest to the linea alba by the aponeurosis (Photo 1B). For the LD and ES, KT was applied when the therapist was in the prone position, from the spinous process of the sacrum to the lesser tubercle of the humerus (Photo 1C) and from the medial crest of the sacrum to the inferior borders of the lower 6 or 7 ribs (Photo 1D), respectively. The therapist handled patients as before after KT was applied.

## RESULTS

As shown in Table 1, during KT application for 3 days, the VAS and ODI scores gradually decreased and active trunk ROM increased progressively. In the final assessment, the VAS score had decreased to 0/10, the ODI score had decreased to 0%, and trunk flexion had increased to 80°, extension to 30°, right lateral flexion to 33°, left lateral flexion to 35°, right rotation to 50°, and left rotation to 45°. The physical therapist no longer complained of LBP and was able to handle patients without any pain.

## DISCUSSION

Most physical therapists continue working with WMSDs (95%) [5], which most commonly affect the lower back [2]. The prevalence of LBP among physical therapists has been shown to range from 68% to 58% in the UK [4] and from 45% [12] to 62% [13] in the USA. Patient handling, including lifting and transferring, is associated with an increased risk of developing WMSDs of the lower back [2]. Lifting can generate large tension, compression, and shear forces at the base of the spine [11], and thus it is a risk factor for occupational LBP [2].

In this case study, KT application around the trunk for 3 days reduced acute LBP and increased trunk ROM. KT may improve joint instability, strengthen weakened muscles, reduce pain, and assist with postural alignment [6]. The elasticity of Kinesio Tape increases tension by stimulation

during active trunk movement. Increased tension may facilitate pain inhibitory mechanisms (e.g., gate control theory) via afferent stimuli to large-diameter sensory nerve fibers, thereby alleviating nociception [14]. As the patient's pain level decreased, the fear of pain during trunk movement may also have decreased, thus improving trunk ROM [15]. In addition, the elasticity of Kinesio Tape improves muscle activity by strengthening weakened muscles [10]. During lifting, the increased intra-abdominal pressure obtained by KT during LA contraction provides stability to the lumbar spine and flexes the vertebral column [11]. Vigorous contraction of the IO results in a corset effect in the posterior lumbar region, thereby withstanding unwanted torsion caused by asymmetrical lifting [11]. Unilateral activity of the ES causes lateral flexion of the vertebral column [11]. The LD assists in the transfer of the external load from the arms to the trunk and plays a role in extension and rotation of the lower back [11].

Thus, KT application may improve the function of the RA, IO, ES, and LD muscles and gradually increase active trunk ROM. Hence, continuous application of KT around the trunk may be a supplementary treatment method for acute LBP in physical therapists and enable continuous patient handling without any loss of work time due to occupational LBP. In addition, KT may also be applicable for the prevention and treatment of occupational LBP in other professions involving lifting heavy objects. Future studies are necessary to generalize the clinical effects of KT around the trunk in occupational LBP.

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