



MEDICAL MOMENTS *by*



Kinesio-Tape & Edema

Results have shown mixed effectiveness of Kinesio Taping in the reduction of Edema. Any conclusive findings are difficult to determine at this time due to differences in 1) Study Diagnoses (e.g., Breast Cancer vs. Musculoskeletal), 2) Duration of Edema (i.e., acute vs. subacute), and 3) lack of procedural specificity (i.e., methods sections lack procedural details). While more research is warranted to identify the populations best suited for Edema reduction by Kinesio Taping, the proposed mechanism of action is deformation of tissues, which increases the space between the skin & muscle tissue facilitating blood and lymph flow.

Can Any Conclusion Be Drawn? - A few tentative ones

- 1) Effectiveness—For at least some patients with Edema, Kinesio Taping does provide a reduction compared to control patients. Generally, found more effective in early-stage edema management.
- 2) Safety—No identified Evidence to suggest a negative impact of Kinesio Taping on Edema.
- 3) Pain—Kinesio Taping has moderate evidence for effective pain relief while applied, but the post-taping effects are not long acting.

Curated References

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