



Sri Ramachandra Faculty of Sports & Exercise Sciences

COMPARISON BETWEEN SPINAL MANIPULATION AND KINESIO TAPING FOR NONSPECIFIC LOW BACK PAIN IN COLLEGE STUDENTS – MOHAMMED MUNVAR.R, MPT Sports, S2421004

Background :

Low back pain is a major common condition worldwide and mainly affects the quality of life of patients. 80% of individuals experience low back pain in their life at some point. 29.3% of low back pain are among college students. The purpose of this study was to compare the effect of kinesio taping and spinal manipulation for nonspecific low back pain in college students.

Aim :

Comparing the effects of spinal manipulation and kinesio taping for nonspecific low back pain in college students.

Methodology :

Study design – experimental study
Sample size – 30
Study duration – 4 weeks

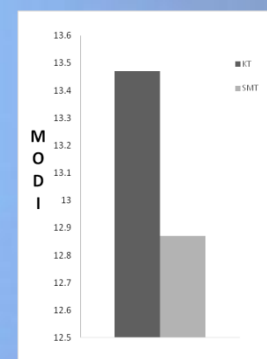
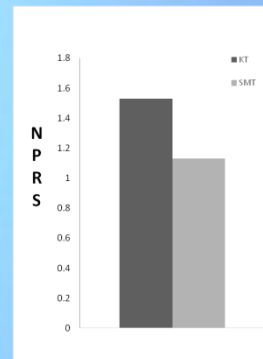
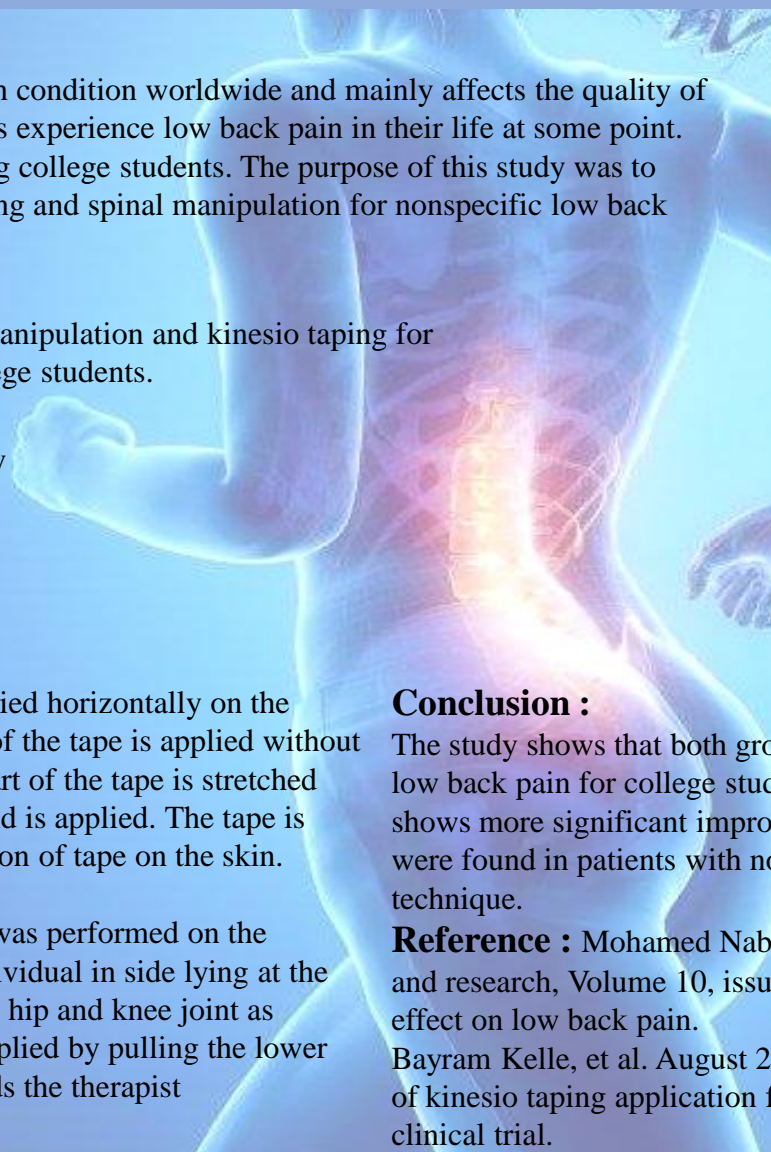
Outcome measures :

Pain & disability

Procedure :

Kinesio taping (group A) is applied horizontally on the lumbar paraspinals. The anchors of the tape is applied without any tension and stretch, middle part of the tape is stretched moderately for 25-35% tension and is applied. The tape is rubbed with hand for the application of tape on the skin.

Spinal manipulation (group B) was performed on the individuals by positioning the individual in side lying at the edge of the bed and by flexing the hip and knee joint as possible. the rotational force is applied by pulling the lower extremity of the individual towards the therapist body.



Conclusion :

The study shows that both group shows significant improvements in patients with nonspecific low back pain for college students. When compared to the kinesio taping, spinal manipulation shows more significant improvement. This study concludes that better outcome measures were found in patients with nonspecific low back pain who underwent spinal manipulation technique.

Reference : Mohamed Nabil Fiaad et al. 2020, Journal of advanced pharmacy education and research, Volume 10, issue 1, page 70-75. Mulligan mobilization vs. spinal manipulation effect on low back pain.

Bayram Kelle, et al. August 2015, sage journal, volume30, issue:10, page997-1003. The effect of kinesio taping application for acute nonspecific low back pain: A randomized controlled clinical trial.