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## Effectiveness of Kinesio taping to reduce swelling in acute medial ankle sprain

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**Objective:** To evaluate the effectiveness of Kinesio taping to reduce swelling in acute medial ankle sprain

**Methodology:** Seventy two patients of medial ankle sprain were recruited for the study at The Sajid Physiotherapy & Rehabilitation Centre and Ibn - E-Siena Hospital & Research Institute Multan from November 2016 to May 2017. It was a randomized controlled trial. Patients were randomly allocated to an experimental group and a control group. The experimental group received Kinesio taping application for three days which was designed to treat swelling. The control group received an inert Kinesio Taping application. For the comparison between groups, the swelling was measured via Volumetry and Perimetry. Data was collected after the three days of intervention and the patients were re-evaluated for their symptoms after 15 days post intervention. Analysis of variance (ANOVA) linear mixed models were used to compare the effect of Kinesio Taping on swelling between the groups. A level of significance of  $\leq 0.05$  was adopted for all tests to be considered as statistically significant.

**Results:** At 3 days after intervention, there were no difference between groups for swelling in volumetry (MD-2ml, 95% CL-28 to 32); perimetry (MD 0.2cm, 95% CL-0.6to 1.0); and relative volumetry (MD 0.0cm, 95%CL-o.1 to o.1). At day 15 there was no significant between-group difference in outcomes.

**Conclusion:** The Kinesio Taping is ineffective in decreasing acute swelling after medial ankle sprain but still large scale studies with longer follow up are required.

### Biography

Sajid Rashid is the Principal & Associate Professor of Multan College of Physiotherapy, Multan, Pakistan. He is the member of Irish Society of Chartered Physiotherapist (MISCP). He did his graduation in physical therapy from King Edward Medical University, Lahore, Pakistan. He did his post-graduation (M. Phil) from Riphah University, Islamabad, Pakistan. Currently he is pursuing his PhD from Isra University. He has vast experience of serving in well reputed Government as well as in private sector organizations. He worked as a clinician, an academician, a researcher and also as an administrator. He is the member of editorial board & peer reviewer of various national & international journals. He presented his research work at various national & international forums. He is certified in different techniques including intra-articular injections; dry needling, and manual therapy as well as having different certificates in Medical Education.

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