



EBM NEWSLETTER

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NEUROMUSCULAR TAPING VERSUS SHAM THERAPY ON MUSCULAR STRENGTH AND MOTOR PERFORMANCE IN MULTIPLE SCLEROSIS PATIENTS

Authors

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Disabil Rehabil. 2016;38(3):277-81. doi: 10.3109/09638288.2015.1038365. Epub 2015 Apr 20. PMID: 25893397 DOI: 10.3109/09638288.2015.1038365

Abstract

Purpose: Purpose of this study is to evaluate differences in leg muscles strength and motor performance between neuromuscular taping (NT) and sham tape groups.

Method: Relapsing-remitting (RR) multiple sclerosis (MS) patients were recruited and randomly assigned to NT or sham tape groups. All patients underwent the treatment 5 times at 5-d intervals. They were submitted to a 6-minute walk test and isokinetic test (peak torque) at the beginning (T0), at the end (T1) and 2 months after the end of the treatment (T2).

Results: Forty MS patients (38 F; 2 M; mean age 45.5 ± 6.5 years) were assigned to NT group (n = 20) and to sham tape group (n = 20). Delta Peak Torque T1-T0 and T2-T0 between two groups were statistically significant in quadriceps (p = 0.007; 0.000) and hamstrings (p = 0.011; 0.007). The difference between the two groups according to 6-minute walk test was not statistically significant but in NT group it was noticed an increasing trend about the distance run.

Conclusions: In this single-blind randomized controlled trial, NT seemed to increase strength in leg muscles, compared to a sham device, in RR MS patients. Further studies are needed to consider this therapy as a complement to classic physical therapy.

IMPLICATIONS FOR REHABILITATION: Neuromuscular taping (NT) in multiple sclerosis: NT is well tolerated by multiple sclerosis patients and should be a complement to classic physical therapy. This technique normalizes muscular function, strengthens weakened muscles and assists the postural alignment.

KEY WORDS: Motor performance; multiple sclerosis; muscle strength; neuromuscular taping **READ MORE**

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The Research & Development aspect of the NMT institute is based upon the creation of clinical experiences and controlled treatment trials leading to research projects that eventually modify how we treat our patients.

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NeuroMuscular Taping Institute is an activity of Savà rehabilitation LINK.



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Quadr J Rehabil, 2016;36(3):271-81. doi: 10.2196/qjrehab.2016.1008888. Epub 2016 Apr 20.

Neuromuscular taping versus sham therapy on muscular strength and motor performance in multiple sclerosis patients.

Castells G¹, Pastor MT², Loat G²

Author information

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PMID: 2691997 DOI: 10.2196/qjrehab.2016.1008888
(Indexed for MEDLINE)



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NMT INSTITUTE NeuroMuscular Taping Institute

Evidence Based Research and Clinical Effectiveness

Research and Clinical Effectiveness

The Research & Development aspect of the NMT institute is based upon the creation of clinical experiences and controlled treatment trials leading to research projects that eventually modify how we treat our patients. A good idea is not enough – it has to be substantiated using correct and precise treatment methodology. The role of the NMT Institute is to create correct and duplicable training which is the basis to all continuing education and primary objective to all training in medicine. Our role is to ensure that the Know-How created over the last 20 years becomes solid and reproducible medical intelligence.

The EB selection of clinical papers is an international open access to all areas in medicine and rehabilitation that underline possible advances in basic and advanced clinical medical research. Our objective is to create a platform for sharing correct NMT treatment methodology and result reciprocity which is the basis to all “good quality” evidence based research and clinical trials. This ongoing NeuroMuscular Taping EB selection newsletter will present research articles, reviews, short communications, patient testimonials and case reports which have been published and available from independent sources. Authors and trained NMT specialists are encouraged to publish their personal experience. Only through your personal effort to share your consolidated and sometimes experimental results you are able to positively influence “how we treat our patients” and to increase our understanding of fundamental principles in the treatment and rehabilitation progression.

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Regards, David Blow



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The NMT Institute's goal is to improve patients' overall treatment results and quality of life by using our treatment protocols to maximize patients' rehabilitation time, reduce pain, and enable patients to achieve active and healthy lifestyles. The comprehensive medical rehabilitation education program maintains high quality standards that will guide medical and rehabilitation staff in gaining new treatment skills to improve short and long-term rehabilitative care.

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