

Abstract

The paper focuses on verifying the efficacy of kinesiotaping in infants with abdominal diastasis. Vojta's method was practiced with every infant. In a random sample, we applied kinesiotape with facilitation technique to musculus rectus abdominis or musculus obliquus externus abdominis. The aim of the paper was to point out kinesiotaping as a method in pediatrics and the positive effects this method brings.

The diastase was measured in its largest width, which was palpably tested. One of the observed factors was the description of psychomotoric development and involvement of the abdominal wall in muscle coordination.

The duration of observation for each child was three months. The number of probands was five, two were in control, and three in the tapping group. All children practiced according to Vojta's therapy, and the tapping group underwent kinesiotaping applications.

The results indicate that kinesiotape had positive effects on the abdominal wall and reduced the size of diastasis quicker. For all children in the tapping group, it was not possible to palpate the diastasis during the last examinations. In contrast, the diastasis was tangible in children in the control group. All children, nonetheless, have improved both in their psychomotor development and mitigated the size of diastasis.

Key words: abdominal diastasis, kinesiotape, infant