

Summary

The title of the diploma's thesis:

Effect of kinesiotape on range of motion in the flexion of the trunk measured from standing position.

Objective/ Aim:

The main aim of this work is to evaluate whether the kinesiotape applied to the paravertebral muscles of the lumbar spine affect the range of motion in trunk flexion from standing position. Another aim is to exclude the possibility of a placebo effect by using control material in an identical manner.

Methods:

The data required for the practical part of this work were obtained on the basis of experimental measurements, where the kinesiotape was applied to the paravertebral muscles of the lumbar spine and it evaluated the change in range of motions in trunk flexion from standing position. The measurements were taken on the basis of the Thomayer and Schober sign. The control group was measured in a similar way with a material fixomull, which has similar attributes as kinesiotape. Data were analyzed using MS Excel and in a program Gretl.

Results:

Statically significant results showing that kinesiotape affects the increase in the trunk flexion motion with the average value of 2,24 cm ($t(24) = 2,86, p < 0,05$) in total and 0,51 cm ($t(24) = 0,67, p < 0,05$) for local effect in the place of use of kinesiotape. Measurement with fixomull hasn't shown significant results, but indicate that the effect on increasing of the range of motion is controversial.

Key words:

kinesiotaping, taping, kinesiotape, range of motion, trunk flexion