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Research Report

# Kinesio taping or just taping in shoulder subacromial impingement syndrome? A randomized, double-blind, placebo-controlled trial

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## ABSTRACT

**Objective:** To verify effects of kinesio taping (KT) in shoulder subacromial impingement syndrome (SIS) when compared to sham taping applied in the same way with KT.  
**Patients and Methods:** Patients were randomized as group 1 (n = 21) KT group and group 2 (n = 20) sham-taping group. Taping was applied every three days, three times during the study period. We assessed all the patients at baseline, at the end of the taping period (12th day), and at one-month post-intervention. We assessed pain on the 100 mm visual analog scale (VAS). Shoulder range of motion (ROM), Constant Scores,

and Nottingham Health Profile (NHP) scores were evaluated. Results: Of the 41 participants, 13 were males (32%) and 28 were females (68%). The mean age was 45 ± 15 years (range 20–65 years). We documented a significant decrease in VAS for nocturnal pain, and Constant Score in both groups. The KT group showed additional significant change in NHP pain and physical activity scores. Conclusion: KT and sham taping generated similar results regarding pain and Constant Scores.

KEYWORDS:

Pain assessment   quality of life   sham treatment

## Declaration of interest

The authors declare that they have no conflict of interest.

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