

Effectiveness of Tibial Internal and External Rotation Taping (Rigid) Along with Vmo Strengthening for Pain and Functionality in Patients with Patellafemoral Pain Syndrome

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Abstract

Introduction: Patellofemoral pain syndrome (PFPS) which is often used interchangeably with “anterior knee pain” or “runner’s knee” is the activities that load the patellofemoral joint. Thus, Tibial internal and external rotation Taping (rigid) along with vmo strengthening and this study provides an approach of evaluating them.

Methods: 30 subjects diagnosed with unilateral or bilateral PFPS were randomly selected and allocated into two groups – Control group (VMO muscle strengthening. and conventional physiotherapy treatment) and experimental group (tibial internal external rotation Taping (rigid) and VMO Strengthening . Both groups received four treatment sessions per week for 6 weeks. Pre and post pain and function were measured by VAS and KPS respectively.

Results: the p value is less than 0.0001 for both outcomes, experimental group has more beneficial to patients. Tape direction effect, where external rotation taping was more effective than internal rotation taping. For each test, the amount of pain improvement after taping and vmo Strengthening was positively correlated with initial pain level.

Conclusion: Both internal rotation Taping and external rotation Taping were effective in Reducing pain in individuals with PFPS and ERT was More effective than IRT..The significant correlations observed between initial pain levels and pain improvement after Taping suggest that those with greater PFP achieve greater relief from tibial rotation.