The possibilities of using Kinesio Taping® in patients after cardiac surgery

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Background
Kinesio Taping® is used in physiotherapy to stimulate recovery and increase physical efficiency. Kinesio Taping® offers new possibilities of using physiotherapy in patients who cannot fully benefit from kinesiotherapy or physiotherapy. Kinesio Taping® is a method of treatment of pain syndromes reducing subjective pain perception. Appropriate applications, adjusted to patients' needs and overall health, stimulate the activity of the lymphatic system and auxiliary respiratory muscles, regulate muscle tone, accelerate post-operative scar healing processes and provide additional scar stabilization.

Scope
The article presents possibilities for using Kinesio Taping® in patients after cardiac surgery. Kinesio Taping® was used in the study in order to reduce pain, stabilize muscle tone, support respiratory muscles, prevent pectoralis muscle contracture, accelerate post-operative scar healing processes, increase post-operative scar elasticity and prevent the development of adhesions.

Conclusions
The observed results of therapy were as follows: a decrease in subjective pain perception, a reduction of oedema, additional scar stabilization, and fully active participation of the patients in Kinesio® therapy, which was limited before the KT treatment.

(Full Article not available)