Brief Report

Relieving Symptoms of Meralgia Paresthetica Using Kinesio Taping: A Pilot Study

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Abstract


Objective

To assess the effect of the novel Kinesio taping treatment approach on meralgia paresthetica (MP) symptoms.

Design

Repeated measurements, feasibility study of 1 intervention.

Setting

Referral private physical therapy clinic.

Participants

Men (n=6) and women (n=4) with clinically and electromyographically diagnosed MP.

Intervention

Application of Kinesio tape, twice a week for 4 weeks (8 treatment sessions in total).

Main Outcome Measures

Visual analog scale (VAS) of MP symptoms (pain/burning sensation/paresthesia), VAS global quality of life (QOL), and the longest and broadest parts of the symptom area were measured.

Results

All outcome measures significantly improved after 4 weeks of treatment. Mean VAS QOL ± SD decreased from 69.0±23.4 to 35.3±25.2 (t=4.3; P=.002). Mean VAS of MP symptoms ± SD decreased from 60.5±20.8 to 31.4±26.6 (t=5.9; P>.001). Length and width of affected area decreased from 25.5±5.5 to 13.7±6.7 (t=5.1; P>.001) and 15.3±2.1 to 7.4±4.3 (t=5.3; P>.001), respectively.

Conclusions

Kinesio taping can be used in the treatment of MP. Future randomized placebo-controlled trials should be designed with patients and assessors blind to the type of intervention.

Key Words: Feasibility studies; Rehabilitation

Abbreviations: EMG, electromyography; KT, Kinesio tape; MP, meralgia paresthetica; NSAIDs, nonsteroidal anti-inflammatory drugs; QOL, quality of life; VAS, visual analog scale