



TAPING DERMO NEURO MUSCULAIRE

MAJ le 18/12/2025

REFERENCES, RECOMMANDATIONS, BIBLIOGRAPHIES UTILISEES DANS LE CADRE DE L'ACTION PROPOSEE :

La bibliographie associée à cette action de formation est structurée selon une hiérarchisation explicite des niveaux de preuve et repose prioritairement sur des méta-analyses, revues systématiques et essais contrôlés randomisés récents. Elle constitue le socle scientifique mobilisé pour développer un raisonnement clinique fondé sur les données probantes, en cohérence avec les principes promus par la Haute Autorité de Santé (HAS).

Le taping est enseigné comme un outil thérapeutique non médicamenteux complémentaire, dont l'utilisation est conditionnée par une indication clinique pertinente, une évaluation initiale rigoureuse et une réévaluation systématique des effets. Il est intégré à une stratégie de prise en charge globale et multimodale, conforme aux recommandations de bonnes pratiques professionnelles et au champ de compétences du masseur-kinésithérapeute.

Niveau I – Méta-analyses / Revues systématiques d'ECR

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Niveau II – Essais Contrôlés Randomisés (ECR)

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Niveau III – Études observationnelles / quasi-expérimentales

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Niveau IV – Études de cas

Hashemirad, F., et al. (2016). *The effect of Kinesio taping technique on trigger points of the piriformis muscle*. Journal of Bodywork and Movement Therapies. <https://doi.org/10.1016/j.jbmt.2016.02.002>

Niveau V – Études théoriques / analyses mécanistiques

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Recommandations / consensus cliniques

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