



TAPING DERMO NEURO MUSCULAIRE

MAJ le 25/10/2022

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

Evidence map review :

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Consensus

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- techniques de corrections fonctionnelle et mécanique

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Méta analyse :

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- Significatif sur les mobilités de l'épaule en KT + exercice vs. exercices seuls

Wang, Mian, Zi-Wen Pei, Bei-Dou Xiong, Xian-Mei Meng, Xiao-Li Chen, et Wei-Jing Liao. 2019. « Use of Kinesio Taping in Lower-Extremity Rehabilitation of Post-Stroke Patients: A Systematic Review and Meta-Analysis ». *Complementary Therapies in Clinical Practice* 35 (mai): 22-32. <https://doi.org/10.1016/j.ctcp.2019.01.008>.

Zhang, Xue-Feng, Lin Liu, Bin-Bin Wang, Xu Liu, et Ping Li. 2019. « Evidence for Kinesio Taping in Management of Myofascial Pain Syndrome: A Systematic Review and Meta-Analysis ». *Clinical Rehabilitation* 33 (5): 865-74. <https://doi.org/10.1177/0269215519826267>.

Li, Yuejie, Ying Yin, Gongwei Jia, Hong Chen, Lehua Yu, et Dandong Wu. 2019. « Effects of Kinesiotape on Pain and Disability in Individuals with Chronic Low Back Pain: A Systematic Review and Meta-Analysis of Randomized Controlled Trials ». *Clinical Rehabilitation* 33 (4): 596-606. <https://doi.org/10.1177/0269215518817804>.

- Significatif sur Oswestry Disability Index

Yam, Ming Lok, Zuyao Yang, Benny Chung-Ying Zee, et Ka Chun Chong. 2019. « Effects of Kinesio Tape on Lower Limb Muscle Strength, Hop Test, and Vertical Jump Performances: A Meta-Analysis ». *BMC Musculoskeletal Disorders* 20 (1): 212. <https://doi.org/10.1186/s12891-019-2564-6>.

- Significatif à court et long terme chez des patients ayant une fatigue musculaire et à long terme chez des personnes saines

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- Significatif pour l'instabilité de cheville sur la proprioception (fig 4a)

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