

UNIVERSITI TEKNOLOGI MARA

**THE EFFECTS OF KINESIO TAPE ON CHRONIC
LOW BACK PAIN AMONG YOUNG ADULTS IN
AMPANG**

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TABLE OF CONTENTS

		Page
ACKNOWLEDGEMENTS		i
TABLE OF CONTENTS		ii
DECLARATION		v
LIST OF TABLES		vi
LIST OF FIGURE		vii
LIST OF ABBREVIATIONS		viii
ABSTRACT		ix
CHAPTER		
1	INTRODUCTION	
	1.1 Background of the Study	1
	1.2 Statement of the Problems	4
	1.3 Research Objectives	5
	1.4 Research Hypotheses	5
	1.5 Operational of Term	6
	1.5.1 Kinesio tape	6
	1.5.2 Low back pain	6
	1.5.3 Non-specific low back pain	7
	1.5.4 Rehabilitation	7
	1.6 Limitations	8
	1.7 Delimitations	8
	1.8 Assumptions	9
	1.9 Significant of Study	9

CHAPTER**2****LITERATURE REVIEW**

2.1	Overview	11
2.2	The Kinesio Tape Theory	12
2.3	Research on Kinesio Tape	14
	2.3.1 Kinesio tape on Pain Perception	14
	2.3.2 Kinesio tape on Proprioceptive	15
2.4	The Chronic Pain Theory	17
2.5	The Low Back Pain	18
2.6	Summary	20

CHAPTER**3****METHODOLOGY**

3.1	Research Design	22
3.2	Participant selection	22
3.3	Instrumentation, materials and equipments	23
3.4	Instrumentation and its procedure	25
	3.4.1 The Oswestry Low Back Disability Index	25
	3.4.2 The Modified-Modified Schober's Test	27
	3.4.3 The Kinesio tape application	27
3.5	Study framework	28
3.6	Reliability Procedures	31
3.7	Statistical Analysis	31

CHAPTER**4****RESULTS**

4.1	Introduction	32
4.2	Result	33
	4.2.1 Baseline Characteristics between groups	34
	4.2.2 Low Back Functional Disability	35
	4.2.3 Low Back Mobility	37
4.5	Summary	40

ABSTRACT

Chronic low back pain has been known as common injury among world citizen these days. Comprehensive knowledge regarding low back pain needed in term of understanding the component that caused lower back pain and how to manage it. Kinesio tape has been known as one of the elastic tape which help promoting healing in sport injury. The purpose of this study was to identify the effects of Kinesio tape on chronic low back pain among normal young adults in Ampang district. Twenty young male adults with chronic low back pain in Ampang district. The subjects were stratified purposively and subjects were randomly divided into two, experimental group and control group. The experimental group intervention was Kinesio tape over the lumbar spine for one week while the control group without a tape. The low back functional disability and low back mobility (Trunk flexion) were measured using the Oswestry Low Back Pain Disability Questionnaire and Modified-Modified Schober's Test. The following outcomes were measured at baseline, immediately after the first week, and four weeks later. The data were analyses using SPSS statistical software version 20. Repeated measures ANOVA was used to assess any differences between experimental and control group in 3 different times. The results from this study indicate that there were no significant differences between groups in both low back functional disability and low back mobility which $p > 0.05$. In conclusion, Kinesio tape does not seem to be effective to improve lower back functional disability and low back mobility.