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Short report

# Effect of Kinesio taping on muscle strength in athletesâ€™ A pilot study

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### Summary

Muscle strength is a key component of an athlete's performance and may be influenced by taping. This study examined the possible immediate and delayed effects of Kinesio taping on muscle strength in quadriceps and hamstring when taping is applied to the anterior thigh of healthy young athletes. Fourteen healthy young athletes (seven males and seven females) free of knee problems were enrolled in this study. Muscle strength of the subject was assessed by the isokinetic dynamometer under three conditions: (1) without taping; (2) immediately after taping; (3) 12 h after taping with the tape remaining in situ. The result revealed no significant difference in muscle power among the three conditions. Kinesio taping on the anterior thigh neither decreased nor increased muscle strength in healthy non-injured young athletes.



## Keywords

Isokinetic; Muscle strength; Taping; Kinesio taping; Athlete

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Effect of Kinesio taping on muscle strength in athletes—a pilot study, the custom of business turnover, by definition, speeds up the axiomatic official language.

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