IMMEDIATE EFFECTS OF MCCONNELL TAPING VERSUS DIAMOND WRAP TAPING IN SYMPTOMATIC OSTEOARTHRITIS KNEE

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Osteoarthritis (OA) is a group of mechanical abnormalities involving degradation of joints, including articular cartilage and subchondral bone. Patellar taping is one method, which has been studied earlier by various authors. However, the comparative effectiveness of different taping techniques still needs to be investigated. Henceforth, the objective of the present study was to evaluate the immediate effect of McConnell taping and Diamond wrap taping on symptomatic generalised OA knee. Thirty patients were selected from outpatient department of MM Institute of Physiotherapy and Rehabilitation, MM University, Mullana. They satisfied the American College of Rheumatology criteria for OA knee and were examined for pain and disability under three groups, that is, McConnell taping, Diamond wrap taping and neutral tape. The immediate benefits in pain scales in activities (walking speed and timed up and go test) using a visual analogue scale and disability scales for three activities (walking speed in metres per second, timed up and go test in second) were assessed.