

**The Effect of Kinesiotaping therapy in Sciatic Patients in Pregnancy Due To Lumbar Disc Herniation According To Mckenzie's Extension Back Exercise**

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**The effect of Kinesiotaping therapy in sciatic patients in pregnancy due to lumbar disc herniation according to Mckenzie's Extension back exercise.**

**Material & Method**

1. 3 female
2. Pregnancy (Two Month, Three Months, Four Months)
3. Age: 27, 25, 24 years old.
4. Symptom  
All: back pain and unilateral leg pain.
5. Diagnosis: ① 2 cases: lumbar MRI was done  
② All cases: SLRT was positive before pregnancy (50° 60° 60° )
6. History  
All patients complaint back pain and mild leg pain before pregnancy.  
But, severe Sciatica was chief complaint after pregnancy.
7. Mckenzie's extension back exercise
  - A. Prone position
  - B. Back extension
  - C. Centralization / peripheralization
  - D. 5 times / a day
  - E. 10 minutes
  - F. They stopped Exercise after 8 month-term pregnancy because they were difficult due to back extension position compressing large abdomen.

**Results**

1. Three patients improved in sciatic symptoms after Mckenzie's exercise for one month.

2. All patients want Kinesiotaping therapy due to comfortable and supportive sensation.

### **Discussion**

1. How can we control sciatica of pregnancy?
2. It is important to treat Sciatica in early term pregnancy.
3. Kinesiotaping therapy and McKenzie's extension exercise are good combination therapy in sciatic pregnancy.

## **Usefulness of Kinesiotaping therapy after minimal invasive surgery as disc nucleoplasty in lumbar disc herniation**

### **Lumbar disc protrusion**

#### **The perc-D Coblation-Channeling Wands**

1. Placement of wand tip at annulus / nucle us junction
  2. Completed coblation channel, ready for thermal treatment on withdrawal.
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1. Dual Action: Ablation — Advancing the Wand creates a small, controlled channel in the disc
  2. Bipolar RF Coagulation — Withdrawing the Wand coagulates tissue adjacent to the channel during decompression of the disc.

#### **A. Methods & Materials**

1. May, 2002 – October, 2002 (6 months)
2. 18 to 55 years old, 32 female, 33 male
3. 65 patients with sciatica due to disc herniation had lumbar disc nucleoplasty surgery at Kohdoyle spine clinic.
4. Chief complaints after nuceloplasty
  - A. Mild numbness and paresthesia on calf area: 17 cases
  - B. Moderate tingling sensation on calf and buttock area: 2 cases
  - C. Mild back pain and stiffness: 28 cases
5. Kinesio taping therapy was used
  - A. 11 patients with postoperative leg pain

B. 19 patients with remained or new post operative back pain

**B. Results**

Postop. Treatment \ Postop. Pain Site	No. of Subjects in Treatment	No. of Subjects in Kinesiotaping Therapy
Leg Pain (19)	8	11
Back Pain (28)	9	19

**(2) 1 Month Follow-Up Result**

	Not Improved	Mild Improved	Much Improved
Leg Pain without Treatment (8)	2	1	5
Leg Pain with Kinesiotaping Therapy (11)	3	4	4
Back Pain without Treatment (9)	5	4	0
Back Pain with Kinesiotaping Therapy (19)	2	4	13

**(3) 3 Months Follow-Up Result**

	Not Improved	Mild Improved	Much Improved
Leg Pain without Treatment (8)	1	4	3
Leg Pain with Kinesiotaping Therapy (11)	1	2	8
Back Pain without Treatment (9)	3	2	4
Back Pain with Kinesiotaping Therapy (19)	2	2	15

**C. Discussion**

1. How do we manage postop. Pain after lumbar surgery.
2. Kinesiotaping therapy has a possibility of primary choice in lumber postop. pain