

# ***The Effects of Kinesio Taping on Pain from Patellar and Achilles Tendonitis in Bicyclists.***

**Wendy S. Burke**

University of Southern California

**Emphasis of Presentation:** Kinesio taping on Pain for Achilles Tendonitis and for Patellar Tendonitis; The process of clinical research and some of the difficulties in collecting the data.

---

Bicycling is a common activity, and musculoskeletal injuries at the knees, ankles, and wrists are not unusual. The traditional care and common sense of care for these injuries is to reduce or stop the activity in order for the injured tissue to heal and then resume the activity gradually.

In many sporting events or events that occur on consecutive days, it is impossible to rest. Lance Armstrong popularized the use of Kinesio Tape in his book about the Tour de France. However, there is no published data to document the effects of the tape to treat pain for cyclists over consecutive days of riding.

The AIDS Bicycle ride from San Francisco to Los Angeles takes 7 days and covers over 500 miles. This ride is a fund raiser, occurs annually, and is open to non-professional riders. In general, injuries to the knee or ankle along the course would prohibit the cyclists from continuing to ride the following days.

The hypothesis was that Kinesio Tape would give riders with tendonitis at the knee or ankle significant relief of pain and that the riders would be able to continue to cycle on the following days without an increase in pain. Kinesio Tape was applied to bicyclists by a physical therapist who had completed two Kinesio Taping courses. Pain was measured both before and after the taping procedure. In the 7 cyclists who suffered from patellar tendonitis and in 7 subjects with achilles tendonitis, there was a statistically significant difference in the immediate pain levels. All the subjects who were taped were also able to resume biking the following days and were able to complete the entire ride. These results show a strong trend toward pain relief with Kinesio Tape treatment. Future studies are anticipated to compare the results of the Kinesio Taping Method to other taping treatments and to generate a greater number of participants.