
Treatment of myofascial pain in the shoulder with Kinesio Taping. A case report

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Setting the scene:

Case report that documents the results achieved with Kinesio Taping as the exclusive therapeutic procedure for the treatment of a patient with shoulder pain of myofascial origin.

What did they do?

20-years -old female patient was seen due to pain of two days duration in her right shoulder. The pain, extremely intense from the beginning, intensified 48 h after awakening, and had not diminished. The intensity of the pain did not wake the patient and although she usually adopted a supine position, the pain was not related to any specific posture during sleeping. Previous clinical history included a diagnosis of rotator cuff pathology in the same shoulder induced by her activity as a swimmer. The clinical examination findings were: Restricted shoulder mobility caused by pain, Visual Analog Scale (VAS) scored 10 in movement and 5.85 in the resting position. No results were obtained for Jobe’s test, palm up and specific for positive deltoid, and the test of painful arc. In Jobe’s test, the lack of results was due to it not being possible to support the upper limb in the correct position to undertake the test. The sub deltoid bursa, rotator cuff tendons and short and long heads of biceps brachialis were painless at palpation. However, several taut bands were felt with active Myofascial Trigger Points (MPTs) in anterior and medial deltoid fasciculi. Pressure pain thresholds (PPT) were measured with an analog algometer (Wagner Instruments, Greenwich, USA) and scored 0.5 Kg/cm² to induce the pain. The active and passive physiological movements of the cervical spine were painless and full range. The anterior and posterior cervical quadrant tests were normal. Physiotherapeutic diagnosis and treatment based on the onset of the pain and the results of the clinical examination, the researchers hypothesize an activation of the MTPs in the anterior and medial deltoid fasciculi, although the patient did not relate the pain with any specific activity in the 24 h prior to symptom onset. The treatment of choice for the myofascial pain of the deltoid muscle was an application of Kinesio Taping for the deltoid, reinforced by a transverse strip over the region

Takeaway message:

Data on pain, joint motion and shoulder function obtained from this study may suggest that treatment with Kinesio Taping contributed to the resolution of the patient's pathology, producing an immediate improvement and resolving the problem in the following days. The results therefore suggest that Kinesio Taping might well be a technique highly appropriate in the treatment of MTPs. However, more research is necessary, both clinical and neurophysiological, to clarify the specific mechanisms and effects of the Kinesio Taping technique.