

***Changes in the short term responses to neurodynamic tests through Kinesio® Taping applications: a pilot study***

***Clerici Claudia Pt, CKTP; Frassine Stefano Pt, CKTI***

**Background:** It is well known that neural dysfunctions are common and their causes are often related to musculoskeletal disorders. It is also well known the way on how Kinesio Taping® works on physiology of tissues and biomechanic.

**Purpose:** Based on this premise we intend to verify, with this experimental project, if can be obtained changes in the short term responses given by patients to neurodynamic tests through Kinesio Taping® applications.

**Material and methods:** This research considered patients with neural dysfunctions associated with dysfunctions in the mechanical interface and in the innervated tissues. From these were selected the subjects who were symptomatic during ULNT1, Slump or SLR. Consequently Kinesio Taping® was applicated to these patients on the basis of clinical reasoning. Finally neurodynamic test was performed again and results were compared with the earlier state. Pain intensity and ROM were the principal outcomes evaluated.

**Results:** After taping application symptomatology reduced; in fact in the totally of the patients ROM improved highly and pain intensity show a significantly decrease for the most part. The study shows how Kinesio Taping® could immediately improve the mechanical and physiological behaviour of neural tissues.

**Conclusion:** Our results validate the use of Kinesio Taping® for the treatment of neural dysfunctions and suggest that Kinesio Taping® application may be useful to obtain a change in the neurodynamical behavior.