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The effects of patellar taping on biomechanical variables in patellofemoral pain syndrome: A literature review**Mohammad Taghipour¹, Seyedeh Hedieh Hosseini Makrani² and Arsalan Ghorbanpour³**¹Babol University of Medical Sciences, Iran²Semnan University of Medical Sciences, Iran³Tehran University of Medical Sciences, Iran

Introduction & Aim: Patellofemoral pain syndrome is the most common source of anterior knee pain that lower extremity and patella malalignment, muscle imbalance and over-activity have been proposed as potential causes. Taping is one of the specific physiotherapy interventions which use to correct patella alignment, patella biomechanical changes and pain reduction. The purpose of the review of previous studies is on the effects of patellar taping in the treatment of patellofemoral pain syndrome on the patellar biomechanical changes.

Methods: Related articles have been extracted by searching PEDro, Proquest, Pubmed, OVID, ScienceDirect and Google Scholar as valid databases in the field of Medical Sciences. Keywords included tape/taping, patellofemoral pain syndrome, biomechanics and literature search methods was performed in the databases. Inclusion criteria included the articles to English language and open access between 2007 and 2017.

Results: A total of 10 articles were selected according to the inclusion criteria and open access (9 clinical trials articles and 1 cohort article). In eight articles, all types of taping techniques improve alignment and biomechanical variables, but in two articles were expressed to not improve alignment and biomechanical variables. Also, in an article was observed short-term effects without long-term effects (except to patellar lateralization).

Conclusion: According to the review of studies, patellar taping techniques can improve patellar biomechanical variables such as alignment, PFJRF, GRF and third way can improve the patient's function and reducing pain. The long lasting effects of patellar taping techniques will require more studies.

Biography

Mohammad Taghipour is a Physiotherapist with a PhD degree. He has completed his Graduation from Iran University of Medical Sciences in Iran. He has been a full time associate professor in Babol University of Medical Sciences since spring 2007. He used to be a lecturer in Tabriz University of Medical Sciences from 1999 to 2002. He was the head of physiotherapy department in university and dean of greatest hospital in north of Iran, currently he is the head of Physiotherapy Clinic at Hospital and deputy of dean of mobility impairment research center.

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