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## Kinetic acupuncture combined with balance taping as a treatment for musculoskeletal disorders

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This study aims to determine the therapeutic effects of Kinetic Acupuncture (KA) combined with balance taping in the treatment of Musculoskeletal Disorders (MSD). The incidence of chronic MSD conditions is an increasing health concern on a global scale. This study adapted the methodology of Senna-Fernandes V which is based on the concept of KA, combined with physiotherapy as a systematic treatment of 205 cases of musculoskeletal disorders. KA is a multidisciplinary therapy its application is divided in three phases. Pre-Kinetic phase, acupuncture needling and balance taping medicine are applied to systemic, microsystemic or locomotor points to prepare soft tissue structures for physiotherapy by interrupting the pain-spasm-pain cycle and promoting the local blood circulation. Kinetic phase, physiotherapy is used during the stimulation of relevant acupoints to promote a synergistic effect and restore functional mobility and post-kinetic phase, biochips (bio stones) are taped over specific ear acupoints, determined by probing sites on the ear for tenderness. Overall results show KA therapeutic satisfaction to Activities of Daily Living (ADL) is 92.0%. On a four-point Likert scale, clinical improvement averaged 1.08, which indicated that most patients (76.6%) had clinically significant improvement. This study found that KA combined with balance taping minimized pain brought about by MSD. Balance taping enhanced blood circulation aligned fascial tissue and assisted in the removal of edema by directing exudates towards the lymph ducts.

### Biography

Dr. Nenita S Manongsong is a Vice president for academic affairs, Romarinda college, Head of Center for complementary and alternative medicine. She is also vice president of International confederation of complementary and alternative medicine. President of complementary and alternative medicine association of the Philippines.

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