

MINISTRY OF HEALTH PROTECTION OF UKRAINE

ODESSA NATIONAL MEDICAL UNIVERSITY

Faculty of Medicine №2

Department of physical rehabilitation, sports medicine and physical training

APPROVED

Vice-rector for scientific and pedagogical work

Eduard Buryachkivskyi

September 4, 2023

**METHODOLOGICAL DEVELOPMENT
FOR PRACTICAL CLASSES
FROM EDUCATIONAL DISCIPLINE**

Faculty of Dentistry, course V

Study discipline: «**KINESIOTAPING IN MEDICINE AND SPORTS**»

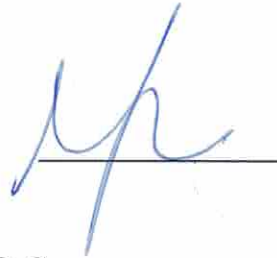
Approved:

The meeting of the department of physical rehabilitation, sports medicine and physical training

Odessa National Medical University

Protocol № 1 dated 09/04/2023

Head of the Department, Professor

A handwritten signature in blue ink, consisting of stylized initials and a surname, written over a horizontal line.

Olga Iushkovska

Developers:

Head of the department, MD, prof. Iushkovska O.G.,

PhD associate professor of the department, Filonenko O.V.

Practical lesson 1

Topic: Local kinesiotaping: stabilization (purpose, tasks, features)

Purpose: Acquisition by the student of higher education of knowledge and formation of elements of professional competences in stabilization kinesio taping of various localization

Basic concepts: kinesio taping, kinesio tape, local kinesio taping, stabilization kinesio taping

Equipment: kinesiotape, alcohol, cotton wool (alcohol wipes), scissors

Plan:

1. Organizational activities: greetings, verification of those present, introduction to the topic

2. Control of knowledge level: written work or oral task

3. Questions for testing basic knowledge

Peculiarities of stabilization kinesiotaping

Peculiarities of kinesio tape cutting depending on localization during stabilization kinesio taping

4. Discussion of theoretical issues

5. Topics of reports/abstracts:

Types of applications of different localizations

6. Lesson results:

Announcement of students' grades and substantiation of the latter according to the criteria of knowledge assessment. Publication of the topic of the next lesson and tasks for preparation.

7. List of recommended literature:

1. Is Kinesio Taping Effective for Sport Performance and Ankle Function of Athletes with Chronic Ankle Instability (CAI)? A Systematic Review and Meta-Analysis.

Biz C, et al. Medicina (Kaunas). 2022. PMID: 34397403

2. Evaluation of short-term and residual effects of Kinesio taping in chronic lateral epicondylitis: A randomized, double-blinded, controlled trial.

Balevi ISY, Karaoglan B, Batur EB, Acet N. J Hand Ther. 2023 Jan-Mar;36(1):13-22. doi: 10.1016/j.jht.2021.09.001. Epub 2021 Nov 1. PMID: 34736818

3. Kinesio taping reduces elbow pain during resisted wrist extension in patients with chronic lateral epicondylitis: a randomized, double-blinded, cross-over study.

Cho YT, Hsu WY, Lin LF, Lin YN. BMC Musculoskelet Disord. 2018 Jun 19;19(1):193. doi: 10.1186/s12891-018-2118-3. PMID: 29921250

4. The effectiveness of Kinesio Taping in improving pain and edema during early rehabilitation after Anterior Cruciate Ligament Reconstruction: A Prospective, Randomized, Control Study.

Labianca L, et al. Acta Biomed. 2022. PMID: 35483568

5. Short-Term Effects of the Kinesio Taping® on Early Postoperative Hip Muscle Weakness in Male Patients With Hamstring Autograft or Allograft Anterior Cruciate Ligament Reconstruction.

Balki S, Göktaş HE. J Sport Rehabil. 2019 May 1;28(4):311-317. doi: 10.1123/jsr.2017-0219. Epub 2018 Dec 12. PMID: 29252113

6. Kinesio taping as a treatment method in the acute phase of ACL reconstruction: A double-blind, placebo-controlled study. Balki S, Göktaş HE, Öztemur Z. Acta Orthop Traumatol Turc. 2016 Dec;50(6):628-634. doi: 10.1016/j.aott.2016.03.005. Epub 2016 Oct 24. PMID: 27784622

Practical lesson 2

Topic: Local kinesiotaping of the cervical spine: features.

Purpose: Acquisition by the student of higher education of knowledge and formation of elements of professional competences in local kinesiotaping of the cervical spine

Basic concepts: kinesio taping, kinesio taping, local kinesio taping

Equipment: kinesiotape, alcohol, cotton wool (alcohol wipes), scissors

Plan:

1. Organizational activities: greetings, verification of those present, introduction to the topic

2. Control of knowledge level: written work or oral task

3. Questions for testing basic knowledge

Features of the cervical-collar zone of the spine

Features of local kinesiotaping of the cervical spine

Peculiarities of cutting kinesio tape during kinesio taping of the cervical spine

Peculiarities of stabilization kinesiotherapy of this department

Peculiarities of draining kinesiotherapy of this department

Possibilities of combining different types of applications

4. Discussion of theoretical issues

5. Topics of reports/abstracts:

A practical solution to the kinesiotaping option in a specific clinical case

6. Lesson results:

Announcement of students' grades and substantiation of the latter according to the criteria of knowledge assessment. Publication of the topic of the next lesson and tasks for preparation.

7. List of recommended literature:

1. Is Kinesio Taping Effective for Sport Performance and Ankle Function of Athletes with Chronic Ankle Instability (CAI)? A Systematic Review and Meta-Analysis.

Biz C, et al. *Medicina (Kaunas)*. 2022. PMID: 34397403

2. Evaluation of short-term and residual effects of Kinesio taping in chronic lateral epicondylitis: A randomized, double-blinded, controlled trial.

Balevi ISY, Karaoglan B, Batur EB, Acet N. *J Hand Ther.* 2023 Jan-Mar;36(1):13-22. doi: 10.1016/j.jht.2021.09.001. Epub 2021 Nov 1. PMID: 34736818

3. Kinesio taping reduces elbow pain during resisted wrist extension in patients with chronic lateral epicondylitis: a randomized, double-blinded, cross-over study.

Cho YT, Hsu WY, Lin LF, Lin YN. *BMC Musculoskelet Disord.* 2018 Jun 19;19(1):193. doi: 10.1186/s12891-018-2118-3. PMID: 29921250

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Balki S, Göktaş HE. *J Sport Rehabil.* 2019 May 1;28(4):311-317. doi: 10.1123/jsr.2017-0219. Epub 2018 Dec 12. PMID: 29252113

6. Kinesio taping as a treatment method in the acute phase of ACL reconstruction: A double-blind, placebo-controlled study. Balki S, Göktaş HE, Öztemur Z. *Acta Orthop Traumatol Turc.* 2016 Dec;50(6):628-634. doi: 10.1016/j.aott.2016.03.005. Epub 2016 Oct 24. PMID: 27784622

Practical lesson 3

Topic: Local kinesiotaping of the maxillofacial area: features

Purpose: Acquisition by the student of higher education of knowledge and formation of elements of professional competences in local kinesio taping of knee and shoulder joints

Basic concepts: kinesio taping, kinesio taping, local kinesio taping

Equipment: kinesiotape, alcohol, cotton wool (alcohol wipes), scissors

Plan:

1. Organizational activities: greetings, verification of those present, introduction to the topic

2. Control of knowledge level: written work or oral task

3. Questions for testing basic knowledge

Features of local kinesiotaping of the maxillofacial area

Variants of kinesiotaping of the maxillofacial area

Peculiarities of cutting kinesiotape during kinesiotaping of the maxillofacial area

Peculiarities of stabilization kinesiotherapy of this department

Peculiarities of draining kinesiotherapy of this department

Possibilities of combining different types of applications with applications

4. Discussion of theoretical issues

5. Topics of reports/abstracts:

Features of the anatomy of the maxillofacial area

A practical solution to the kinesiotaping option in a specific clinical case

6. Lesson results:

Announcement of students' grades and substantiation of the latter according to the criteria of knowledge assessment. Publication of the topic of the next lesson and tasks for preparation.

7. List of recommended literature:

1. Is Kinesio Taping Effective for Sport Performance and Ankle Function of Athletes with Chronic Ankle Instability (CAI)? A Systematic Review and Meta-Analysis.

Biz C, et al. *Medicina (Kaunas)*. 2022. PMID: 34397403

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Cho YT, Hsu WY, Lin LF, Lin YN. *BMC Musculoskelet Disord*. 2018 Jun 19;19(1):193. doi: 10.1186/s12891-018-2118-3. PMID: 29921250

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Labianca L, et al. *Acta Biomed*. 2022. PMID: 35483568

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Balki S, Göktas HE. *J Sport Rehabil*. 2019 May 1;28(4):311-317. doi: 10.1123/jsr.2017-0219. Epub 2018 Dec 12. PMID: 29252113

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Practical lesson 4

Topic: Local kinesiotaping: draining (purpose, tasks, features).

Purpose: Acquisition by the student of higher education of knowledge and formation of elements of professional competences in draining kinesio taping of various localization

Basic concepts: kinesio taping, kinesio tape, local kinesio taping, draining kinesio taping

Equipment: kinesiotape, alcohol, cotton wool (alcohol wipes), scissors

Plan:

1. Organizational activities: greetings, verification of those present, introduction to the topic

2. Control of knowledge level: written work or oral task

3. Questions for testing basic knowledge

Features of draining kinesiotaping

Peculiarities of cutting kinesio tape depending on the localization during draining kinesio taping

4. Discussion of theoretical issues

5. Topics of reports/abstracts:

Types of applications of different localizations

6. Lesson results:

Announcement of students' grades and substantiation of the latter according to the criteria of knowledge assessment. Publication of the topic of the next lesson and tasks for preparation.

7. List of recommended literature:

1. Is Kinesio Taping Effective for Sport Performance and Ankle Function of Athletes with Chronic Ankle Instability (CAI)? A Systematic Review and Meta-Analysis.

Biz C, et al. *Medicina (Kaunas)*. 2022. PMID: 34397403

2. Evaluation of short-term and residual effects of Kinesio taping in chronic lateral epicondylitis: A randomized, double-blinded, controlled trial.

Balevi ISY, Karaoglan B, Batur EB, Acet N. *J Hand Ther.* 2023 Jan-Mar;36(1):13-22. doi: 10.1016/j.jht.2021.09.001. Epub 2021 Nov 1. PMID: 34736818

3. Kinesio taping reduces elbow pain during resisted wrist extension in patients with chronic lateral epicondylitis: a randomized, double-blinded, cross-over study.

Cho YT, Hsu WY, Lin LF, Lin YN. *BMC Musculoskelet Disord.* 2018 Jun 19;19(1):193. doi: 10.1186/s12891-018-2118-3. PMID: 29921250

4. The effectiveness of Kinesio Taping in improving pain and edema during early rehabilitation after Anterior Cruciate Ligament Reconstruction: A Prospective, Randomized, Control Study.

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Balki S, Göktaş HE. *J Sport Rehabil.* 2019 May 1;28(4):311-317. doi: 10.1123/jsr.2017-0219. Epub 2018 Dec 12. PMID: 29252113

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Practical lesson 5

Topic: Local kinesiotaping: drainage (options).

Purpose: Acquisition by the student of higher education of knowledge and formation of elements of professional competences in draining kinesio taping of various localization

Basic concepts: kinesio taping, kinesio tape, local kinesio taping, draining kinesio taping

Equipment: kinesiotape, alcohol, cotton wool (alcohol wipes), scissors

Plan:

1. Organizational activities: greetings, verification of those present, introduction to the topic

2. Control of knowledge level: written work or oral task

3. Questions for testing basic knowledge

Variants of draining kinesiotaping

Peculiarities of cutting kinesio tape depending on the localization during draining kinesio taping

4. Discussion of theoretical issues

5. Topics of reports/abstracts:

Types of applications of different localizations

6. Lesson results:

Announcement of students' grades and substantiation of the latter according to the criteria of knowledge assessment. Publication of the topic of the next lesson and tasks for preparation.

7. List of recommended literature:

1. Is Kinesio Taping Effective for Sport Performance and Ankle Function of Athletes with Chronic Ankle Instability (CAI)? A Systematic Review and Meta-Analysis.

Biz C, et al. *Medicina* (Kaunas). 2022. PMID: 34397403

2. Evaluation of short-term and residual effects of Kinesio taping in chronic lateral epicondylitis: A randomized, double-blinded, controlled trial.

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Balki S, Göktaş HE. *J Sport Rehabil.* 2019 May 1;28(4):311-317. doi: 10.1123/jsr.2017-0219. Epub 2018 Dec 12. PMID: 29252113

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Practical lesson 6

Topic: Functional research of the musculoskeletal system, assessment of static stereotype. Evaluation of the dynamic stereotype.

Purpose: Acquisition by the student of higher education of knowledge and formation of elements of professional competences in the evaluation of the musculoskeletal system.

Basic concepts: locomotor apparatus, static stereotype, dynamic stereotype

Equipment: kinesiotape, alcohol, cotton wool (alcohol wipes), scissors

Plan:

1. Organizational activities: greetings, verification of those present, introduction to the topic

2. Control of knowledge level: written work or oral task

3. Questions for testing basic knowledge

Static stereotype

Dynamic stereotype

Evaluation methods

4. Topics of reports/abstracts:

Report on an individual task (clinical case)

5. Lesson results:

Announcement of students' grades and substantiation of the latter according to the criteria of knowledge assessment. Publication of the topic of the next lesson and tasks for preparation.

6. List of recommended literature:

1. Is Kinesio Taping Effective for Sport Performance and Ankle Function of Athletes with Chronic Ankle Instability (CAI)? A Systematic Review and Meta-Analysis.

Biz C, et al. *Medicina (Kaunas)*. 2022. PMID: 34397403

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4. The effectiveness of Kinesio Taping in improving pain and edema during early rehabilitation after Anterior Cruciate Ligament Reconstruction: A Prospective, Randomized, Control Study.

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5. Short-Term Effects of the Kinesio Taping® on Early Postoperative Hip Muscle Weakness in Male Patients With Hamstring Autograft or Allograft Anterior Cruciate Ligament Reconstruction.

Balki S, Göktas HE. *J Sport Rehabil*. 2019 May 1;28(4):311-317. doi: 10.1123/jsr.2017-0219. Epub 2018 Dec 12. PMID: 29252113

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Practical lesson 7

Topic: Concept of functional kinesiotaping (purpose, features).

Purpose: Acquisition by the student of higher education of knowledge and formation of elements of professional competences in functional kinesiotaping.

Basic concepts: kinesio taping, kinesio taping, functional kinesio taping.

Equipment: kinesiotape, alcohol, cotton wool (alcohol wipes), scissors

Plan:

1. Organizational activities: greetings, verification of those present, introduction to the topic

2. Control of knowledge level: written work or oral task

3. Questions for testing basic knowledge

Features of functional kinesiotaping

Peculiarities of cutting kinesio tape depending on localization

Discussion of theoretical issues

4. Topics of reports/abstracts:

Types of applications of different localizations

5. Lesson results:

Announcement of students' grades and substantiation of the latter according to the criteria of knowledge assessment. Publication of the topic of the next lesson and tasks for preparation.

6. List of recommended literature:

1. Is Kinesio Taping Effective for Sport Performance and Ankle Function of Athletes with Chronic Ankle Instability (CAI)? A Systematic Review and Meta-Analysis.

Biz C, et al. *Medicina (Kaunas)*. 2022. PMID: 34397403

2. Evaluation of short-term and residual effects of Kinesio taping in chronic lateral epicondylitis: A randomized, double-blinded, controlled trial.

Balevi ISY, Karaoglan B, Batur EB, Acet N. *J Hand Ther*. 2023 Jan-Mar;36(1):13-22. doi: 10.1016/j.jht.2021.09.001. Epub 2021 Nov 1. PMID: 34736818

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Practical lesson 8

Topic: Functional research of the musculoskeletal system. The influence of features on the maxillofacial area.

Purpose: Acquisition by the student of higher education of knowledge and formation of elements of professional competences in the evaluation of the musculoskeletal system.

Basic concepts: locomotor apparatus, static stereotype, dynamic stereotype

Equipment: kinesiotape, alcohol, cotton wool (alcohol wipes), scissors

Plan:

1. Organizational activities: greetings, verification of those present, introduction to the topic

2. Control of knowledge level: written work or oral task

3. Questions for testing basic knowledge

Static stereotype

Dynamic stereotype

Evaluation methods

4. Topics of reports/abstracts:

Report on an individual task (clinical case)

5. Lesson results:

Announcement of students' grades and substantiation of the latter according to the criteria of knowledge assessment. Publication of the topic of the next lesson and tasks for preparation.

6. List of recommended literature:

1. Is Kinesio Taping Effective for Sport Performance and Ankle Function of Athletes with Chronic Ankle Instability (CAI)? A Systematic Review and Meta-Analysis.

Biz C, et al. *Medicina (Kaunas)*. 2022. PMID: 34397403

2. Evaluation of short-term and residual effects of Kinesio taping in chronic lateral epicondylitis: A randomized, double-blinded, controlled trial.

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Practical lesson 9

Topic: Peculiarities of kinesiotopeing of children.

Purpose: Acquisition by the student of higher education of knowledge and formation of elements of professional competences in the application of kinesiotopeing in childhood

Basic concepts: kinesiotopeing, kinesiotopeing, functional kinesiotopeing.

Equipment: kinesiotope, alcohol, cotton wool (alcohol wipes), scissors

Plan:

1. Organizational activities: greetings, verification of those present, introduction to the topic

2. Control of knowledge level: written work or oral task

3. Questions for testing basic knowledge

Peculiarities of childhood

Peculiarities of kinesiotopeing in childhood

Discussion of theoretical issues

4. Topics of reports/abstracts:

Types of applications of different localizations

5. Lesson results:

Announcement of students' grades and substantiation of the latter according to the criteria of knowledge assessment. Publication of the topic of the next lesson and tasks for preparation.

6. List of recommended literature:

1. Is Kinesio Taping Effective for Sport Performance and Ankle Function of Athletes with Chronic Ankle Instability (CAI)? A Systematic Review and Meta-Analysis.

Biz C, et al. *Medicina* (Kaunas). 2022. PMID: 34397403

2. Evaluation of short-term and residual effects of Kinesio taping in chronic lateral epicondylitis: A randomized, double-blinded, controlled trial.

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