19. Injury, Poisoning and Certain Other Consequences of External Causes

Reference

1. Objectives
To evaluate the effectiveness of spiral taping for motor disturbance of the neck induced by cervical sprain.

2. Design
Randomized controlled trial (RCT).

3. Setting
One Oriental hospital (Sangji University Oriental Hospital), Republic of Korea.

4. Participants
Patients with motor abnormality of the neck induced by cervical sprain (n=23).

5. Intervention
Arm 1: Spiral taping + acupuncture + Oriental medicine treatment (n=12).
Arm 2: Acupuncture + Oriental medicine treatment (n=11).

6. Main outcome measures
Range of motion (ROM).

7. Main results
The treatment effect was significant in Arm 2 after 2 rounds and in Arm 1 after 1 round. There was no significant between-group difference, but efficacy was higher in Arm 1 than Arm 2.

8. Conclusions
Spiral taping enhanced the effectiveness of treatment for motor abnormality of the neck induced by cervical sprain.

9. Safety assessment in the article
Not mentioned.

10. Abstractor’s comments
Though spiral taping is widely used, its efficacy has rarely been studied. This study demonstrated a meaningful clinical effect. However, ROM was the only the outcome measure, and the study design would have been better if VAS and NDI were additionally evaluated. Although the spiral taping is known as safe treatment, a limitation of this study is that skin reaction and clinical adverse events were not evaluated.

11. Abstractor and date
Kim HJ, 17 August 2010.