Official Title:
Effectiveness of Kinesiology Taping in Patients with Acute Non-Specific Low Back Pain: A Prospective Randomized Controlled Trial

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Background

Acute non-specific low back pain is a common musculoskeletal disorder associated with pain, functional limitations, and reduced quality of life. Kinesiology Taping (KT) is frequently used as an adjunct to physiotherapy; however, evidence regarding its effectiveness in acute low back pain remains limited.

Objective

To evaluate the effectiveness of adding Kinesiology Taping to a standard physiotherapy program on pain intensity, functional disability, flexibility, and health-related quality of life in individuals with acute non-specific low back pain.

Study Design

This study is a prospective, randomized, parallel-group controlled trial. Thirty participants with acute non-specific low back pain will be randomly allocated to either an experimental group receiving standard physiotherapy plus Kinesiology Taping or a control group receiving standard physiotherapy alone. Both groups will receive treatment three times per week for six weeks (18 sessions).

Outcome Measures

Primary Outcome

- Pain intensity (Numeric Pain Rating Scale)

Secondary Outcomes

- Functional disability (Roland–Morris Disability Questionnaire)
- Flexibility (Sit-and-Reach Test, Trunk Lateral Flexion, and Trunk Extension Tests)
- Health-related quality of life (SF-36)

Assessments will be performed at baseline and at the end of the 6-week intervention.

Statistical Analysis

Data will be analyzed using IBM SPSS Statistics. Paired-samples *t*-tests will be used for within-group comparisons, and independent-samples *t*-tests for between-group comparisons. Statistical significance will be set at $\mathbf{p < 0.05}$.

Ethics

The study will be conducted in accordance with the Declaration of Helsinki. Ethical approval will be obtained before participant recruitment, and written informed consent will be obtained from all participants.