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Efficacy of Dynamic Taping on Scapular Position and Shoulder Function in Individuals with Subacromial Impingement Syndrome

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Abstract

Background: Background: Subacromial Impingement Syndrome (SIS) is a prevalent condition causing shoulder pain and dysfunction, often linked to abnormal scapular positioning. Dynamic taping, an elastic therapeutic tape, has gained attention as a potential intervention to improve scapular mechanics and enhance the quality of life in affected individuals.

Aim & Objective: This study aims to evaluate the efficacy of dynamic taping on scapular position and shoulder function in individuals with Subacromial impingement syndrome.

Methods: A randomized controlled trial was conducted involving 10 participants diagnosed with SIS. Participants were randomly assigned to either an experimental group receiving dynamic taping or a control

group receiving sham taping. Pre and post-tests were evaluated before and after two weeks of intervention. Outcome measures included scapular position assessed with lateral scapular slide test and shoulder function evaluated with the Disabilities of the Arm, Shoulder, and Hand (DASH) questionnaire.

Results: The Dynamic Taping group shows significant improvements in scapular position and shoulder function compared to the control group ($p < 0.05$).

Conclusion: Dynamic taping effectively improves scapular position, reduces pain, and enhances shoulder function and quality of life in individuals with Subacromial Impingement Syndrome.

Keywords: Shoulder Function; Scapular Position; Dynamic Taping; Subacromial Impingement Syndrome