

The Effect of Kinesiotape on EMG Muscle Activity in Rounded Shoulder/Ayah Mahmoud Mohamed ,Supervisors: **Prof. Dr. Mohsen Mohamed El-Sayyad** , Professor of Physical Therapy and director of motion analysis lab, **Dr. Dalia Mohamed Mohamed Mosaad**, Lecturer of physical therapy,**Faculty of Physical Therapy, Cairo University. (Egypt), 2014, Master degree. 123 pages**

ABSTRACT

Background: The kinesiotape is an important addition which affects outcomes of physical therapy program. Although many attempts were done to determine the effectiveness of kinesiotape on muscle activity, It has not been fully clarified. **The purpose:** This study was conducted to investigate the effect of kinesiotape on EMG of pectoralis major and rhomboids muscles in subjects with rounded shoulder. **Material and methods:** 30 subjects suffering from rounded shoulders. Their age ranged from 18 to 25 years .Subjects were divided into two equal groups. Experimental group (group A) received traditional exercises (stretching of shortened muscles and strengthening of weak muscles) and kinesiotaping. Control group(group B) received only the traditional exercises. EMG activity was measured before and at the end of treatment program. **Results:** There was significant effect of kinesiotape (group A) on EMG activity of clavicular and sternal heads of pectoralis major and on rhomboids muscles with mean differences (0.15,0.11,0.11) and P values(0.0001,0.0001,0.0001).While in group B the traditional exercises showed less significant effect on EMG of clavicular and sternal heads of pectoralis major and on rhomboids muscles with mean differences (0.08,0.06, 0.03) and P values(0.0001,0.0001,0.0001) .**Conclusion:** It was concluded that kinesiotape may be an effective addition to the physiotherapy program in cases of rounded shoulder

Key words: kinesiotape, rounded shoulder, EMG