

The next meeting of the Haywards Heath research group will take place on Tuesday 12th November, 2019 from 7-9pm. The papers for discussion at the meeting are listed below:

A physiotherapy perspective on spinal taping

<https://www.physioadvisor.com.au/injuries/upper-back-chest/rib-fracture/> and
<https://www.physioadvisor.com.au/health/taping-techniques-upper-body/posture/>

Salford Royal NHS Foundation Trust

<http://www.srft.nhs.uk/EasysiteWeb/getresource.axd?AssetID=22485&type=full&servicetype=Inline>

Smith DJN. Treatment of fractured ribs. *British Medical Journal*, March 1942;383-384

Bemelman M, Poeze M, Blokhuis TJ, Leenen LP. Historic overview of treatment techniques for rib fractures and flail chest. *Eur J Trauma Emerg Surg*. 2010;36(5):407-15.

<https://www.ncbi.nlm.nih.gov/pubmed/21841952>

Bemelman M, de Kruijf MW, van Baal M, Leenen L. Rib Fractures: To Fix or Not to Fix? An Evidence-Based Algorithm. *Korean J Thorac Cardiovasc Surg*. 2017;50(4):229-234.

<https://www.ncbi.nlm.nih.gov/pubmed/28795026>

Logan CA, Bhashyam AR, Tisosky AJ, Haber DB, Jorgensen A, Roy A, Provencher MT. Systematic Review of the Effect of Taping Techniques on Patellofemoral Pain Syndrome. *Sports Health*. 2017;9(5):456-461. <https://www.ncbi.nlm.nih.gov/pubmed/28617653>

Bravi R, Ioannou CI, Minciaccchi D, Altenmüller E. Assessment of the effects of Kinesiotaping on musical motor performance in musicians suffering from focal hand dystonia: a pilot study. *Clin Rehabil*. 2019 Jun 4:269215519852408.

<https://www.ncbi.nlm.nih.gov/pubmed/31159569>

Li Y, Yin Y, Jia G, Chen H, Yu L, Wu D. Effects of kinesiotape on pain and disability in individuals with chronic low back pain: a systematic review and meta-analysis of randomized controlled trials. *Clin Rehabil*. 2019;33(4):596-606.

<https://www.ncbi.nlm.nih.gov/pubmed/30526011>

Lai CC, Chen SY, Yang JL, Lin JJ. Effectiveness of stretching exercise versus kinesiotaping in improving length of the pectoralis minor: A systematic review and network meta-analysis. *Phys Ther Sport*. 2019;40:19-26. <https://www.ncbi.nlm.nih.gov/pubmed/31442850>

<https://www.ncbi.nlm.nih.gov/pubmed/31442850>

Ramírez-Vélez R, Hormazábal-Aguayo I, Izquierdo M, González-Ruiz K, Correa-Bautista JE, García-Hermoso A. Effects of kinesio taping alone versus sham taping in individuals with musculoskeletal conditions after intervention for at least one week: a systematic review and meta-analysis. *Physiotherapy*. 2019 Apr 8. pii: S0031-9406(19)30052-5.

<https://www.ncbi.nlm.nih.gov/pubmed/31076093>

Parreira Pdo C, Costa Lda C, Hespanhol LC Jr, Lopes AD, Costa LO. Current evidence does not support the use of Kinesio Taping in clinical practice: a systematic review. *J Physiother.* 2014;60(1):31-9. <https://www.ncbi.nlm.nih.gov/pubmed/24856938>

Vanti C, Bertozzi L, Gardenghi I, Turoni F, Guccione AA, Pillastrini P. Effect of taping on spinal pain and disability: systematic review and meta-analysis of randomized trials. *Phys Ther.* 2015;95(4):493-506. <https://www.ncbi.nlm.nih.gov/pubmed/25413622>