

一、臨床情境描述

傑森是大學籃球校隊，為下個月大專盃比賽進行密集特訓。期間經歷頻繁的急跑、急停、旋轉、跳躍、隨時變換前進、後退方向等動作。特訓兩週後，在上下樓梯時突然髌骨以及周圍有疼痛感，但不以為意。某次準備起跳時，髌骨以及周圍處的疼痛再現且加劇，甚至持續至練習結束後。前往就診被診斷為髌股疼痛症候群，物理治療師有施予貼紮治療，對於這種沒有塗藥的貼布是否有效改善症狀有點質疑，因此他想查詢相關文獻瞭解 Kinesio Taping 介入之效果。

Jason was a college basketball player and was intensively trained for the junior college cup game held next month. During the training, he experienced lots of training movements, such as sprint, scram, turn, jump, and changing directions forward or backward at any moment. Two weeks later, he suddenly felt painful not only inside but also around his patella when he was climbing stairs. However, he didn't keep this in mind until one day he felt the pain deteriorated when he was going to jump. Unluckily, the condition sustained to the end of the training. Then, he went to see a doctor and was diagnosed as patellofemoral pain syndrome. A physical therapist used kinesio taping to treat this pathology. Jason doubted if this non-medicine plaster can improve his symptom. He is wondering the effectiveness of Kinesio Taping on this kind of case and looking for the relative evidence.

二、PICO

Patient/problem	髌骨股骨疼痛症候群 patellofemoral pain syndrome
Intervention:	Kinesio Taping
Comparison:	安慰性貼布、或另一種可行之治療 (placebo taping or another suitable therapy)
Outcome:	疼痛程度 Pain

三、最佳文獻 (依照上傳順序排列)

1. Akbas, E., & Atay, A. O. Y., I. (2011). The effects of additional kinesio taping over exercise in the treatment of patellofemoral pain syndrome. *Acta Orthopaedica*

et TraumatologicaTurcica, 45(5), 335-341.

2. Aytar, A., Ozunlu, N., Surenkok, O., Baltaci, G., Oztop, P., & Karatas, M. (2011). Initial effects of kinesio taping in patients with patellofemoral pain syndrome: a randomized, double-blind study. *Isokinetics and Exercise Science*, 19(2), 135-142.
3. Callaghan, M. J., & Selfe, J. (2012). Patellar taping for patellofemoral pain syndrome in adults. *Cochrane Database Syst Rev*, 4, CD006717. doi: 10.1002/14651858.CD006717.pub2
4. Kuru, T., Yaliman, A., & Dereli, E. E. (2012). Comparison of efficiency of Kinesio(R) taping and electrical stimulation in patients with patellofemoral pain syndrome. *Acta Orthop Traumatol Turc*, 46(5), 385-392.
5. Montalvo, A. M., Buckley, W. E., Sebastianelli, W., & Vairo, G. L. (2013). An Evidence-Based Practice Approach to the Efficacy of Kinesio Taping for Improving Pain and Quadriceps Performance in Physically-Active Patellofemoral Pain Syndrome Patient *J Nov Physiother*, 3(3), 151.

搜尋過程及所有文獻

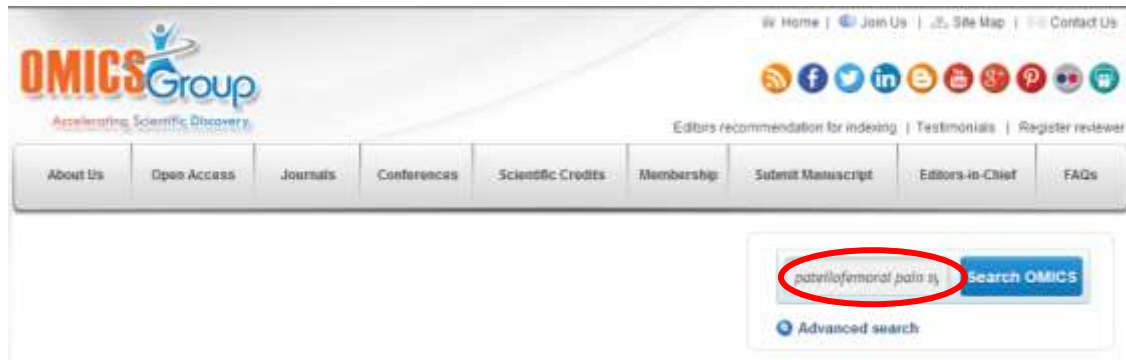
我們透過實證物理治療 PEDro 資料庫(如下圖一)、以及 cochrane、pubmed、OMICS Group 等資料庫(keyword: kinesio tap* 以及 patellofemoral*)，刪掉重複的期刊，得到如下 19 篇期刊。

Abstract & Title:	<input type="text" value="patellofemoral pain syndrome"/>
Therapy:	<input type="text" value="orthoses, taping, splinting"/>
Problem:	<input type="text" value="pain"/>
Body Part:	<input type="text" value="lower leg or knee"/>
Subdiscipline:	<input type="text" value="sports"/>

1. Aminaka, N., & Gribble, P. A. (2005). A systematic review of the effects of therapeutic taping on patellofemoral pain syndrome. *J Athl Train*, 40(4), 341-351.
2. Arroll, B., Ellis-Pegler, E., Edwards, A., & Sutcliffe, G. (1997). Patellofemoral pain syndrome. A critical review of the clinical trials on nonoperative therapy. *Am J Sports Med*, 25(2), 207-212.
3. Barton, C. J., Webster, K. E., & Menz, H. B. (2008). Evaluation of the scope and quality of systematic reviews on nonpharmacological conservative treatment for patellofemoral pain syndrome. *J Orthop Sports Phys Ther*, 38(9), 529-541. doi: 10.2519/jospt.2008.2861
4. Callaghan, M. J., & Selfe, J. (2012). Patellar taping for patellofemoral pain syndrome in adults. *Cochrane Database Syst Rev*, 4, CD006717. doi: 10.1002/14651858.CD006717.pub2
5. Collins, N., Crossley, K., Beller, E., Darnell, R., McPoil, T., & Vicenzino, B. (2009). Foot orthoses and physiotherapy in the treatment of patellofemoral pain syndrome: randomised clinical trial. *Br J Sports Med*, 43(3), 169-171. doi: 10.1136/bmj.a1735
6. Conway, A., & Malone, T. R. (1992). Patellar alignment/tracking alteration: effect on force output and perceived pain. *Isokinetics and Exercise Science*, 2(1), 9-17.
7. Elhafz, Y. N. A., el Salam, M. S. A., & Elkader, S. M. A. (2011). Taping and OKC exercises versus taping and CKC exercises in treating patients with patellofemoral pain syndrome. *Indian Journal of Physiotherapy and Occupational Therapy*, 5(1), 103-106.
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11. Lun, V. M., Wiley, J. P., Meeuwisse, W. H., & Yanagawa, T. L. (2005). Effectiveness of patellar bracing for treatment of patellofemoral pain syndrome. *Clin J Sport Med*, 15(4), 235-240.
12. Osorio, J. A., Vairo, G. L., Rozea, G. D., Bosha, P. J., Millard, R. L., Aukerman, D. F., & Sebastianelli, W. J. (2013). The effects of two therapeutic patellofemoral taping techniques on strength, endurance, and pain responses. *Phys Ther Sport*, 14(4), 199-206. doi: 10.1016/j.ptsp.2012.09.006
13. Overington, M., Goddard, D., & Hing, W. (2006). A critical appraisal and literature critique on the effect of patellar taping -- is patellar taping effective in the treatment of patellofemoral pain syndrome? *New Zealand Journal of Physiotherapy*, 34(2), 66-80.
14. Van Tiggelen, D., Witvrouw, E., Roget, P., Cambier, D., Danneels, L., & Verdonk, R. (2004). Effect of bracing on the prevention of anterior knee pain--a prospective randomized study. *Knee Surg Sports Traumatol Arthrosc*, 12(5), 434-439. doi: 10.1007/s00167-003-0479-z
15. Whittingham, M., Palmer, S., & Macmillan, F. (2004). Effects of taping on pain and function in patellofemoral pain syndrome: a randomized controlled trial. *J Orthop Sports Phys Ther*, 34(9), 504-510. doi: 10.2519/jospt.2004.34.9.504
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17. Wilson, T., Carter, N., & Thomas, G. (2003). A multicenter, single-masked study of medial, neutral, and lateral patellar taping in individuals with patellofemoral pain syndrome. *J Orthop Sports Phys Ther*, 33(8), 437-443; discussion 444-438. doi: 10.2519/jospt.2003.33.8.437
18. Yeung, S. S., Yeung, E. W., & Gillespie, L. D. (2011). Interventions for preventing lower limb soft-tissue running injuries. *Cochrane Database Syst Rev*(7), CD001256. doi: 10.1002/14651858.CD001256.pub2

<<透過 OMICS Group 資料庫>>
鍵入 patellofemoral pain syndrome



19. Montalvo, A. M., Buckley, W. E., Sebastianelli, W., & Vairo, G. L. (2013). An Evidence-Based Practice Approach to the Efficacy of Kinesio Taping for Improving Pain and Quadriceps Performance in Physically-Active Patellofemoral Pain Syndrome Patient *J Nov Physiother*, 3(3), 151.