The Effect of kinesiology taping in treatment of Baker’s cyst

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Objective:
Baker’s Cyst is a common cyst in the posterior aspect of knee with incidence of 19% in adult and 6% in children. It could be painful and in severe cases it causes limitation of motion and even neural compression. There are several management methods such as anti-inflammatory drugs, aspiration and sometimes surgery.

Material and Methods:
In this study we manage baker cyst with kinesiology taping an elastic adhesive tape that is effective in sport injuries. Thirty five patients with baker’s cyst underwent 4 sessions of tapping with one week interval. Intensity of pain was evaluated with Visual Analogue Scale before and after treatment. Change in quality of life was evaluated too.

Results:
There was significant decline of pain \( (P<0.0001) \) and improvement in quality of life \( (P<0.0001) \)

Conclusion:
Kinesiology taping is a safe, easy and effective method for treatment of baker’s cyst.