



INTERNATIONAL SCIENTIFIC-
PRACTICAL CONFERENCE

SCIENCE, EDUCATION AND SOCIETY:
NEW RESEARCH AND PERSPECTIVES

Book of abstracts

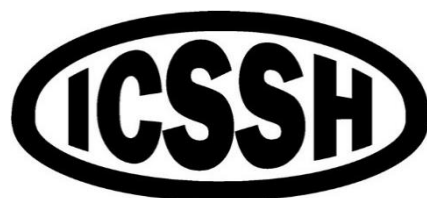
Part 2



January 31, 2025

Aarhus,
Denmark





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Berezhany Vocational College of NUBiP of Ukraine

Bila Tserkva National Agrarian University

Bogomolets National Medical University

Danylo Halytsky Lviv National Medical University

Donbas State Pedagogical University

H. S. Skovoroda Kharkiv National Pedagogical University

Interregional Academy of Personnel Management

Ivano-Frankivsk National Technical University of Oil and Gas

Izmail State University of the Humanities

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Buriachenko V. A.

Lecturer at the Department of Sports,
Physical and Rehabilitation Medicine,
Physical Therapy, and Occupational Therapy.
Kharkiv National Medical University

Buriachenko N. O.

Lecturer at the Department of Sports,
Physical and Rehabilitation Medicine,
Physical Therapy, Occupational Therapy
Kharkiv National Medical University

Astapova Y. V.

Lecturer at the Department of Sports,
Physical and Rehabilitation Medicine,
Physical Therapy, Occupational Therapy
Kharkiv National Medical University

**SYNERGY OF MANUAL THERAPY AND KINESIOTAPING:
A NEW APPROACH TO REHABILITATION**

Manual therapy and kinesiotaping are effective methods of physical rehabilitation used to reduce pain, improve joint mobility and normalize muscle tone [1, p. 25]. The combination of these two techniques allows to create a comprehensive approach to the treatment of patients with musculoskeletal diseases and neurological disorders [2, p. 47].

Kinesiotaping contributes to the prolonged effect of manual therapy by stabilizing joints, improving microcirculation, and activating proprioception [3, p. 112]. Studies show that the combination of these methods significantly accelerates the recovery of functional capabilities in patients after injuries and surgeries [4, p. 89].

A key aspect of the effective use of kinesio-taping in manual therapy is the correct selection of taping techniques depending on the patient's clinical condition [5, p. 53]. Scientific evidence confirms that the use of taping after manual influence helps to reduce inflammation and muscle spasm, which is an important factor in the prevention of relapses [6, p. 77].

The synergy of manual therapy and kinesiotaping is a promising area in rehabilitation, which allows to increase the effectiveness of treatment without drug intervention and improve the quality of life of patients .

The synergy of manual therapy and kinesiotherapy is an innovative approach in physical rehabilitation, providing effective treatment without drug intervention. The integrated use of these techniques allows not only to reduce pain and improve the

functional state of the patient, but also significantly shorten the recovery time after injuries and operations [7, p. 135, p 230].

Examples of the synergy of manual therapy and kinesiotaping in rehabilitation:

Treatment of myofascial pain in the cervical spine

In patients with chronic neck pain, manual therapy is used to correct displacements in the cervical spine, improve mobility and reduce muscle spasm [1, p. 88]. After manual treatment, kinesiotaping is used to stabilize the cervical spine and maintain the effect of therapy, which contributes to long-term pain relief [2, p. 54].

Rehabilitation after shoulder joint injuries (sprains, instability, impingement syndrome)

Manual therapy is used to restore joint biomechanics, reduce soft tissue compression, and improve blood circulation [3, p. 112]. After correction, a kinesiotape is used to reduce the load on the rotator cuff muscles and stabilize the joint [4, p. 63].

Recovery after knee surgery (meniscectomy, reconstruction of the anterior cruciate ligament)

Manual techniques help to reduce muscle contracture and improve knee mobility [5, p. 77]. Taping is used to reduce swelling, improve proprioception, and support the ligamentous apparatus during recovery [6, p. 92].

Correction of posture in scoliotic disorders in children and adults

Soft manual techniques are used to relieve muscle imbalances and restore spinal mobility [7, p. 135]. Kinesiotaping helps to improve postural control and form the correct motor stereotype, especially in children [1, p. 144].

Complex therapy for carpal tunnel syndrome

Manual therapy is used to mobilize the carpal bones, improve nerve sliding, and reduce tension in the forearm muscles [2, p. 203]. Kinesiotape helps to reduce swelling and maintain the correct position of the wrist without the need for fixation orthoses [3, p. 189].

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