

Functional Fascial Taping for Lower Back Pain: A Case Report.

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OBJECTIVE: To examine the effectiveness of functional fascial taping (FFT) in a young female with chronic lower back pain for 14 years. She had a decompression and discectomy (L4 and L5) for back and leg pain. Despite this, she had persistent pain and restricted range of trunk flexion (15°). Other treatments had not improved her symptoms.

METHOD: FFT was applied to maximise functional release. The first treatment resulted in an immediate decrease in pain and an increase in range of movement (ROM). The patient was given graduated flexion exercises to perform regularly at home. She received five FFT treatments to modify the tape as needed. Clinical Pilates was commenced at three weeks.

RESULTS: Patient was discharged at six weeks with full flexion ROM, and at follow up at six months and three years, the patient remained fully functional, was pain free and able to exercise whilst sustaining muscle strength in the lumbar area.

CONCLUSION: In this case study, FFT reduced pain and increased ROM in a female with lower back pain. The long duration of symptoms prior to treatment did not affect the outcome.