

Functional Fascial Taping Real Time Ultrasound Investigation.

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OBJECTIVE: To examine if deformation of fascia occurs with the external application of tape. This investigation could provide a reason why functional fascial taping (FFT) has been demonstrated to be effective in the treatment of many musculoskeletal conditions.
METHOD: Rigid strapping tape was applied longitudinal to the quadriceps and transverse to the thoracolumbar fascia by FFT's gathering technique. Real time ultrasound (RTU) was applied to the abdomen and quadriceps and digital marker was used to quantify movement of muscle and fascia.
RESULTS: Transversus abdominus (TrA) and it's fascia were displaced by 0.94 cms in the direction of the tape. In the quadriceps muscle RTU demonstrated displacement of the subcutaneous tissue layer, including the fascia one cm in the direction of the tape. The deep fascia and the musculature moved in the opposite direction by one cm (depth of 3 cms).
CONCLUSION: Demonstrable movement from the application of tape with RTU was seen in the peripheral and central regions. Good clinical outcomes with FFT may be due to fascial movement shown in this study. Further research is needed.

IMAGES: RTU of the abdominal cavity. Markers placed for the viewer as digital marker is only possible to be demonstrated at the Congress.

Fig 1. TrA at rest. Fig 2. TrA displacement measured .94cm

