

To investigate the Effects of Functional Fascial Taping on pain and function in patients with non-specific low back pain: a pilot randomized controlled trial.

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Introduction: To investigate the effects of Functional Fascial Taping [FFT] on pain and function in patients with non-specific low back pain: a pilot randomised controlled trial [RCT].

Aim. To compare the short-term and medium-term effect of FFT to placebo taping with a 2-week intervention, and 2-, 6- and 12-week follow-up. Forty-three participants with non-specific low back pain and pain on flexion for more than 6 weeks were recruited from local communities and randomized into either FFT group (n = 21) or placebo group (n = 22). **Materials.** Objective measures, Visual Analog Scale and modified Oswestry Disability Index . Rigid hypoallergenic tape, hypoallergenic adhesive undertape and self care and standardized flexion manual.

Methods. Participants were seen twice weekly for 2 weeks. Intervention, the FFT group the tissue was distracted in the direction of maximal pain relief. The tape was applied with tension in flexion. In the placebo group tape was placed over the area of pain in flexion. In the second week patients were given flexion exercises. The tape was removed, walking and flexion exercises recommended.

Results. The FFT group demonstrated significantly greater reduction in worst pain compared to placebo group after the 2-week intervention (P = 0.02, effect size = 0.74; 95% confidence interval 0.11–1.34). A higher proportion of participants in FFT group attained the minimal clinically important difference in worst pain (P = 0.007) and function (P = 0.007) than those in placebo group after the 2-week intervention. There were no significant differences in either group's disability rating or clinically important difference in average pain at any time.

Conclusions. FFT reduced worst pain in patients with non-acute non-specific low back pain during the treatment phase. No medium-term differences in pain or function were observed. **Implications:** This pilot study suggests that FFT could be used as an adjunct to treatment of non-specific low back pain to reduce pain and improve function when the tape is applied. Further research is required to fully elucidate its role in the treatment of this complex condition. Published, *Clinical Rehabilitation* Vol 26, No. 10. 924-933.

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Conflict of interest. We declare that we have no financial affiliation (including research funding). One author (RA) has a commercial organization related to the taping technique used in this study. He had no input into the data collection, analysis or reporting of this randomized clinical trial.