

Guia de Apoio ao Utilizador

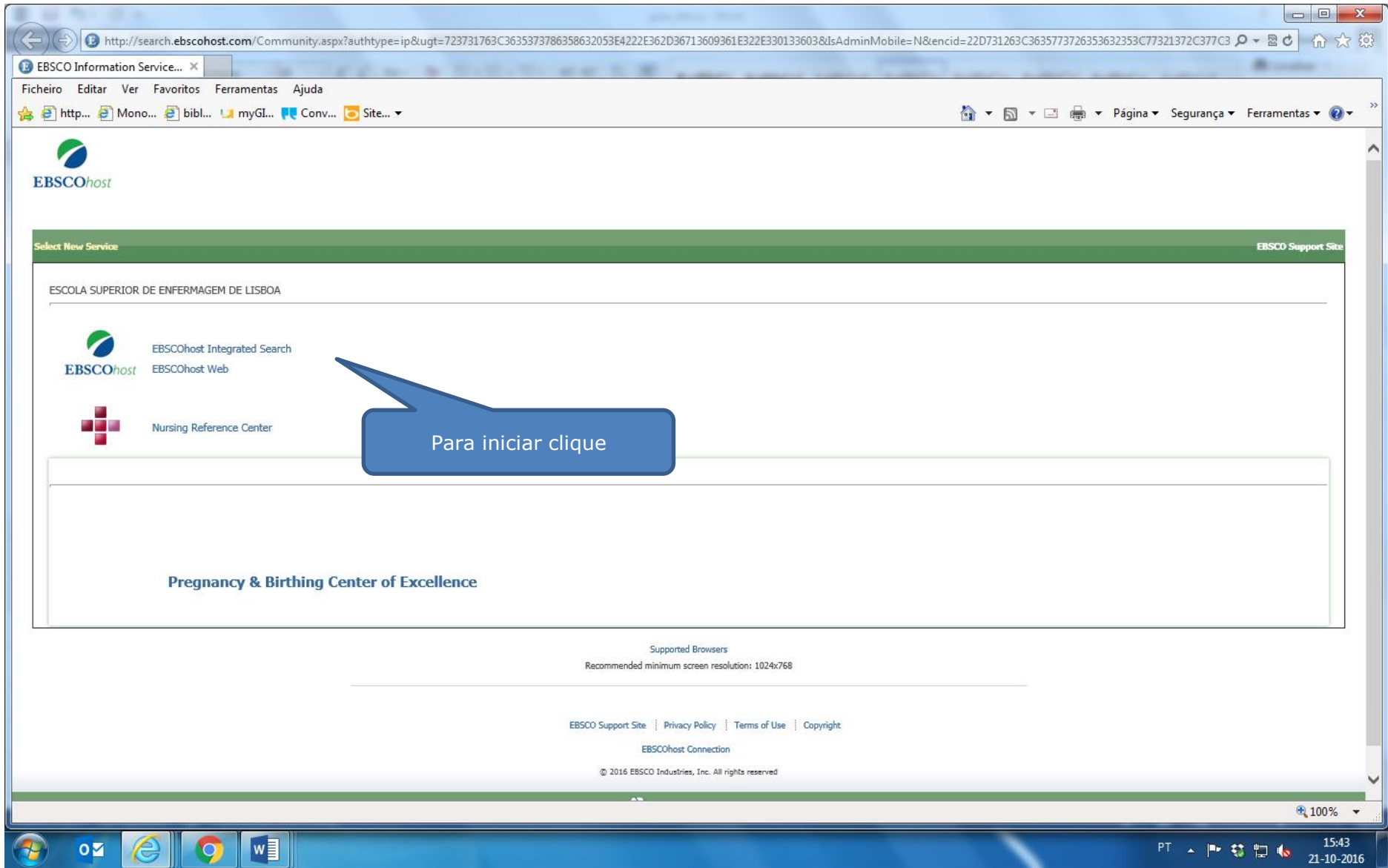
Introdução ao EBSCOhost

Tutorial



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Select New Service

EBSCO Support Site

ESCOLA SUPERIOR DE ENFERMAGEM DE LISBOA

 EBSCOhost Integrated Search
EBSCOhost Web

 Nursing Reference Center

Para iniciar clique

Pregnancy & Birthing Center of Excellence

Supported Browsers
Recommended minimum screen resolution: 1024x768

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PT 15:43
21-10-2016

http://web.a.ebscohost.com/ehost/search/selectdb?sid=8a4034ff-3c96-49fc-9fb5-59523d66e08f%40sessionmgr4009&vid=0&hid=4101

Choose Databases: EBSCOhost

Ficheiro Editar Ver Favoritos Ferramentas Ajuda

http... Mono... bibl... myGL... Conv... Site...

Sign In Folder Preferences Languages Help Exit

Choose Databases | [Select another EBSCO service](#)

To search within a single database, click the database name listed below. To select more than one database to search, check the boxes next to the databases and click *Continue*.

Continue

Select / deselect all

Academic Search Complete

Academic Search Complete is the world's most valuable and comprehensive scholarly, multi-disciplinary full-text database, with more than 8,500 full-text periodicals, including more than 7,300 peer-reviewed journals. In addition to full text, this database offers indexing and abstracts for more than 12,500 journals and a total of more than 13,200 publications including monographs, reports, conference proceedings, etc. The database features PDF content going back as far as 1887, with the majority of full text titles in native (searchable) PDF format. Searchable cited references are provided for more than 1,400 journals.

[Title List](#) [More Information](#)

Business Source Complete

Business Source Complete is the world's definitive scholarly business database, providing the leading collection of bibliographic and full text content. As part of the comprehensive coverage offered by this database, indexing and abstracts for the most important scholarly business journals back as far as 1886 are included. In addition, searchable cited references are provided for more than 1,300 journals.

[Title List](#) [More Information](#)

CINAHL Plus with Full Text

CINAHL Plus with Full Text is a robust collection of full text for nursing & allied health journals, providing full text for more than 770 journals indexed in *CINAHL*. This authoritative file contains full text for many of the most used journals in the *CINAHL* index, with no embargo. *CINAHL Plus with Full Text* is the core research tool for all areas of nursing and allied health literature. Full text coverage dates back to 1937.

[Title List](#) [More Information](#)

Cochrane Central Register of Controlled Trials

Cochrane Controlled Trials Register is a bibliography of controlled trials identified by contributors to the Cochrane Collaboration and others, as part of an international effort to hand search the world's journals and create an unbiased

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21-10-2016

Selecione as bases que pretende e clique em continue

Conta pessoal

O portal da EBSCO permite uma utilização anónima. Contudo, para tirar partido de todas as funcionalidades disponibilizadas é necessária a utilização da "Conta Pessoal"

The screenshot shows the EBSCOhost login page. The browser address bar displays the URL: <http://web.a.ebscohost.com/ehost/login?sid=8a4034ff-3c96-49fc-9fb5-59523d66e08f%40sessionmgr4009&vid=2&hid=4101>. The page title is "Sign In: EBSCOhost". The navigation menu includes "New Search", "Subjects", "Publications", "Company Information", and "More". The user is logged in as "ESCOLA SUPERIOR DE ENFERMAGEM DE LISBOA".

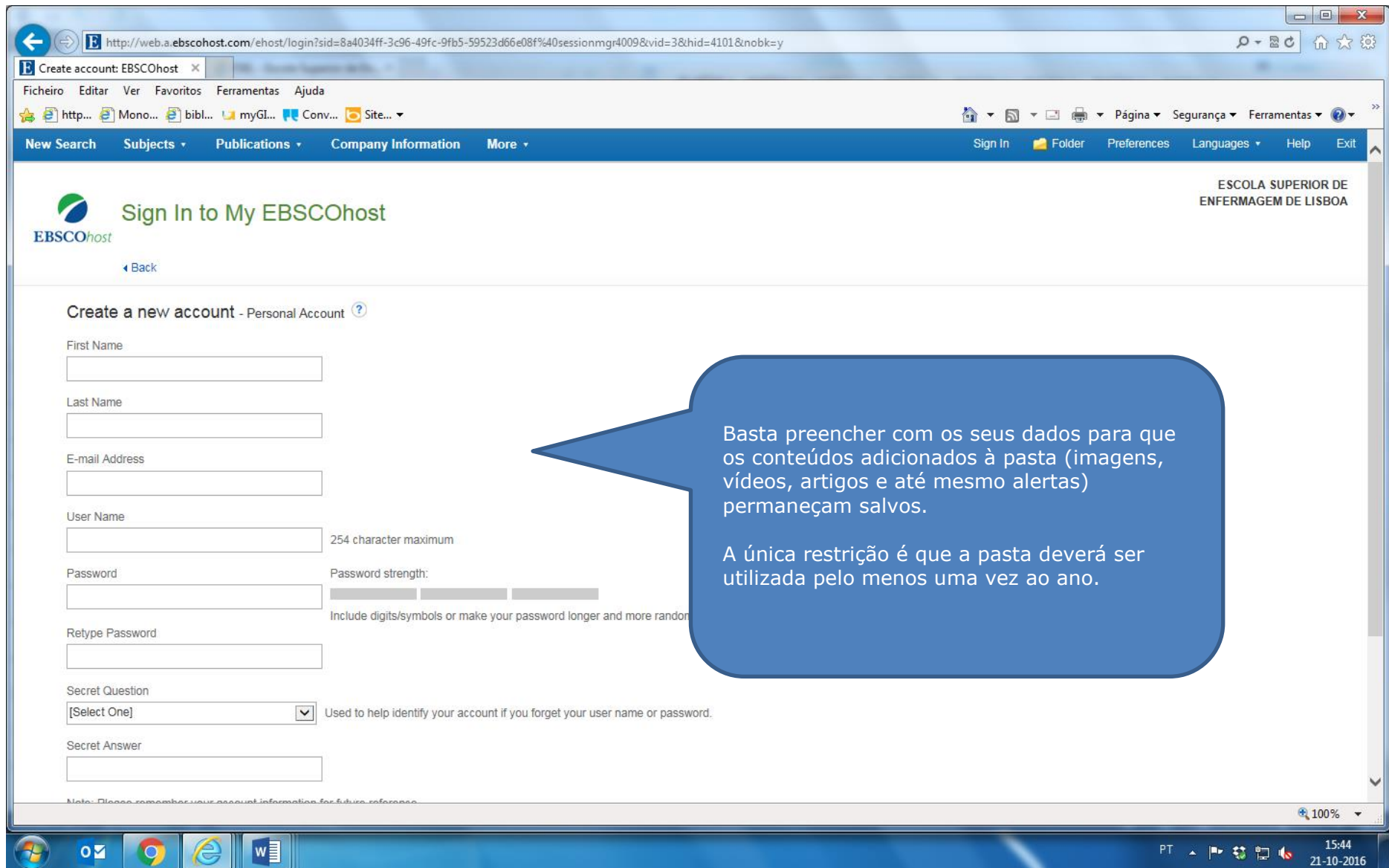
Annotations on the page:

- A blue callout box at the top right points to the "Sign In" link in the navigation menu, containing the text: "Para criar a sua Conta Pessoal, clique na parte superior central direita no menu 'Sign in'".
- A blue callout box at the bottom left points to the "Create a new Account" link, containing the text: "Clique em 'Create a new account'".

The login form includes fields for "User Name" and "Password", a "Login" button, and a "Create a new Account" link. A checkbox for "Load Preferences from My EBSCOhost" is checked. A list of benefits for signing in is provided:

- ✓ Save preferences
- ✓ Organize your research with folders
- ✓ Share your folders with others
- ✓ View others' folders
- ✓ Save and retrieve your search history
- ✓ Create email alerts and/or RSS feeds
- ✓ Gain access to your saved research remotely

At the bottom of the page, there are links for "iPhone and Android apps", "EBSCO Support Site", "Privacy Policy", "Terms of Use", and "Copyright". The footer text reads: "© 2016 EBSCO Industries, Inc. All rights reserved." The system tray at the bottom shows the date and time as "21-10-2016 15:44".



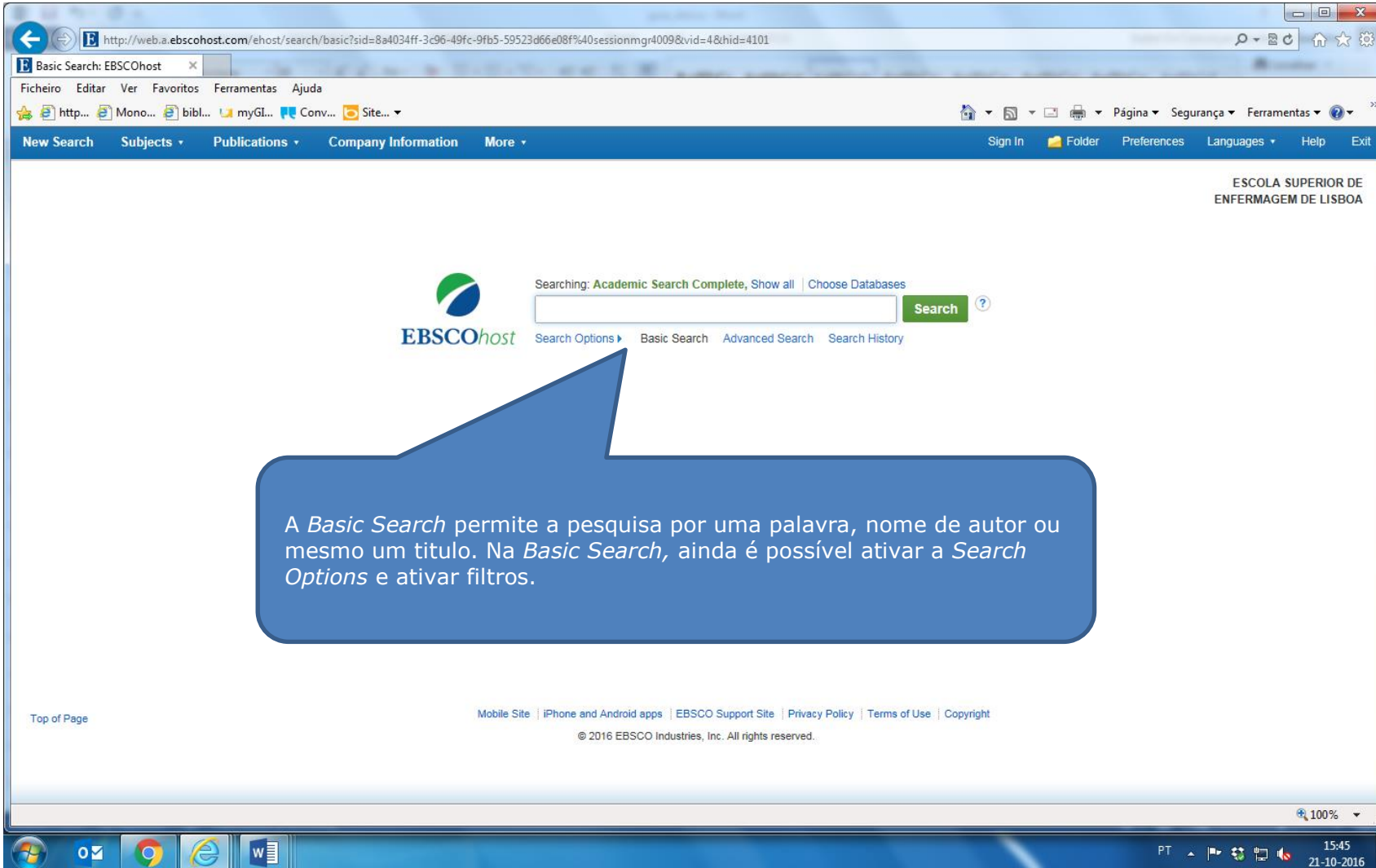
Basta preencher com os seus dados para que os conteúdos adicionados à pasta (imagens, vídeos, artigos e até mesmo alertas) permaneçam salvos.

A única restrição é que a pasta deverá ser utilizada pelo menos uma vez ao ano.

Como pesquisar?

Há dois tipos de pesquisa – **básica e avançada**.

A **pesquisa básica**, que surge por defeito, permite a pesquisa por assunto ou palavra-chave, título ou autor. Nas opções de pesquisa é possível limitar por texto integral, período cronológico, idioma.



ESCOLA SUPERIOR DE ENFERMAGEM DE LISBOA

Searching: **Academic Search Complete**, Show all | Choose Databases

Search ?

Search Options | Basic Search | Advanced Search | Search History

A *Basic Search* permite a pesquisa por uma palavra, nome de autor ou mesmo um título. Na *Basic Search*, ainda é possível ativar a *Search Options* e ativar filtros.

Top of Page

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PT 15:45 21-10-2016

Pesquisa Basica

The screenshot shows the EBSCOhost Basic Search page. At the top, there is a search bar with the text "Enter any words to find books, journals and more" and a green "Search" button. Below the search bar, there are several search options and filters. A blue callout box points to the "Search Modes and Expanders" section, which includes options like "Boolean/Phrase", "Find all my search terms", "Find any of my search terms", "SmartText Searching", "Apply related words", "Also search within the full text of the articles", and "Apply equivalent subjects". The "Limit your results" section includes options for "Full Text", "Scholarly (Peer Reviewed) Journals", "Publication", "References Available", "Published Date", "Image Quick View", and "Image Quick View Types".

Searching: Academic Search Complete, Show all | Choose Databases

Enter any words to find books, journals and more **Search**

Search Options Reset

Search Modes and Expanders

Search modes [?](#)

- Boolean/Phrase
- Find all my search terms
- Find any of my search terms
- SmartText Searching [Hint](#)

Apply related words

Also search within the full text of the articles

Apply equivalent subjects

Limit your results

Full Text

Scholarly (Peer Reviewed) Journals

Publication

References Available

Published Date
Month Year: - Month

Image Quick View

Image Quick View Types

- Black and White Photograph
- Color Photograph
- Graph
- Map
- Chart
- Diagram
- Illustration

As opções de pesquisa encontram-se logo abaixo da caixa de pesquisa e permitem executar uma pesquisa com filtros já ativos. Alguns deles como "Published Date" e "Full Text", são mais utilizados

Pesquisa Avançada

The screenshot shows the EBSCOhost Advanced Search page. The browser address bar displays the URL: <http://web.a.ebscohost.com/ehost/search/advanced?sid=8a4034ff-3c96-49fc-9fb5-59523d66e08f%40sessionmgr4009&vid=68&hid=4101>. The page features a search bar with a dropdown menu for "Select a Field (optional)", a "Search" button, and a "Clear" button. Below the search bar, there are three rows of search criteria, each with an "AND" operator and a "Select a Field (optional)" dropdown. The page also includes a "Search Options" section with various filters and expanders.

Callout Box 1 (Left): Além das técnicas indicadas ao lado, é possível também utilizar as opções de pesquisa

Callout Box 2 (Right): A busca avançada permite a utilização de diversas técnicas de pesquisa:

1. O uso de operadores booleanos AND, OR e NOT.
2. A pesquisa em campos específicos;
3. A utilização dos seguintes símbolos de truncatura:
 - Asterisco *: utilização de um radical para apresentar diferentes combinações. Exemplo: educ*
 - Interrogação ?: pode substituir m caracter numa palavra. Exemplo: M?chael

The bottom of the screenshot shows the Windows taskbar with icons for Internet Explorer, Outlook, Chrome, and Word. The system tray on the right indicates the time as 15:56 on 21-10-2016.

Resultados

O lado esquerdo da página de resultados apresenta um resumo de como foi feita a pesquisa e uma série de filtros. Alguns podem ser úteis na pesquisa de temáticas

Result List: pain: EBSCOhost

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Refine Results

Current Search

Boolean/Phrase:

pain

Limit To

Full Text

References Available

Scholarly (Peer Reviewed) Journals

1007 Publication Date 2017

Show More

Source Types

Search Results: 1 - 50 of 1,294,655

Relevance Page Options Share

1. **Toward a Transformed Understanding: From Pain and Movement to Pain With Movement.**

Butera, Katie A.; Fox, Emily J.; George, Steven Z.; American Physical Therapy Association; Oct2016; v.96. n.10, 1503-1507. (5p) (Opinion) ISSN: 0031-9023 AN: 118521015, Database: CINAHL Plus with Full Text

Subjects: Pain Physiopathology; Movement Physiology; Physical Therapy Practice

Academic Journal PDF Full Text PlumX Metrics

2. **The influence of a biopsychosocial educational internet-based intervention on pain, dysfunction, quality of life, and pain cognition in chronic low back pain patients in primary care: a mixed methods approach.**

(English) By: Valenzuela-Pascual F; Molina F; Corbi F; Blanco-Blanco J; Gil RM; Soler-Gonzalez J, BMC Medical Informatics And Decision Making [BMC Med Inform Decis Mak], ISSN: 1472-6947, 2015 Nov 23; Vol. 15, pp. 97; Publisher: BioMed Central; PMID: 26597937; Background: Low back pain is the highest reported musculoskeletal problem worldwide. Up to 90 % of patients with low back pain have no clear explanation for the source and origin of their pain. These individuals commonly receive a diagnosis of non-specific low back pain. Patient education is a way to provide information and advice aimed at changing patients' cognition and knowledge about their chronic state through the reduction of fear of anticipatory outcomes and the resumption of normal activities. Information technology and the expedited communication processes associated with this technology can be used to deliver health care information to patients. Hence, this technology and its ability to deliver life-changing information has grown as a powerful and alternative health promotion tool. Several studies have demonstrated that websites can change and improve chronic patients' knowledge and have a positive impact on patients' attitudes and behaviors. The aim of this project is to identify chronic low back pain patients' beliefs about the origin and meaning of pain to develop a web-based educational tool using different educational formats and gamification techniques. Methods/design: This study has a mixed-method sequential exploratory design. The participants are chronic low back pain patients between 18-65 years

Company Information

Nektar Therapeutics

Pain Therapeutics, Inc.

Accident & Injury Pain Ce...

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Company Profiles

Related Images

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Filtrar os resultados

Quando inicia a pesquisa, em “opções de pesquisa”, pode limitar os resultados por:

- Nome da revista
- Texto integral (full text)
- Apenas nas coleções das bibliotecas
- Com revisão (peer review)
- ...

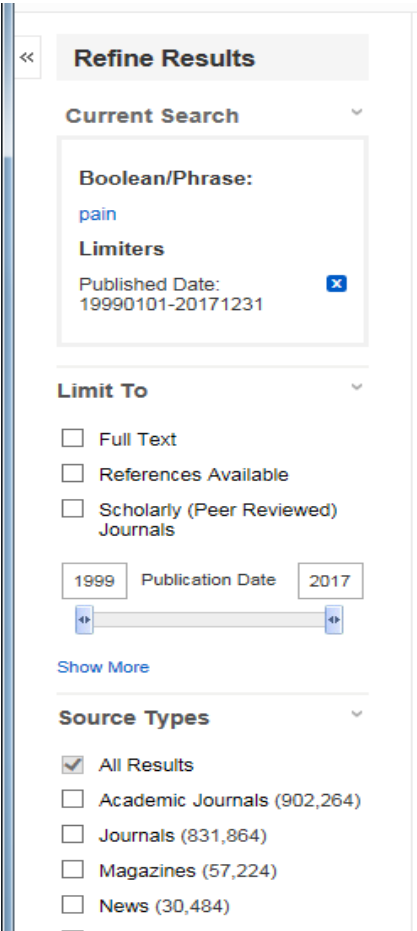
NOTA

Ao realizar novas pesquisas, deve verificar se as opções antes definidas continuam ativas.

Após uma pesquisa e na janela de resultados existem vários filtros que podem ajudar no refinamento dos resultados obtidos.

- Texto integral
- Tipologia de documento (Tipos de fontes)
- Outros assuntos
- Período cronológico
- Editora
- Tipo de publicação
- Idioma
- Local

Fornecedor de conteúdos



The image shows a sidebar for refining search results. At the top, there is a back arrow and the title "Refine Results". Below this is a section for "Current Search" which displays the search term "pain" and a date range filter for "Published Date" from 1999 to 2017. The "Limit To" section includes checkboxes for "Full Text", "References Available", and "Scholarly (Peer Reviewed) Journals". Below these are input fields for "1999" and "2017" with a "Publication Date" label and a range slider. A "Show More" link is present. The "Source Types" section lists various categories with checkboxes and counts: "All Results" (checked), "Academic Journals (902,264)", "Journals (831,864)", "Magazines (57,224)", "News (30,484)", and "Trade Publications (10,999)".

Result List: pain: EBSCOhost

http://web.a.ebscohost.com/ehost/resultsadvanced?sid=8a4034ff-3c96-49fc-9fb5-59523d66e08f%40sessionmgr4009&vid=8&hid=4101&lbquery=pain&bdata=JmRiPWE5aCZkYj1idGmZGI9cnp0JmRiPWNnaCZkYj1jaGmZC

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http... Mono... bibl... myGI... Conv... Site...

New Search Subjects Publications Company Information More

EBSCOhost Searching: Academic Search Complete, Show all Choose Databases

Select a Field (opti

AND Select a Field (opti

AND Select a Field (opti

Basic Search Advanced Search Search History

Do lado direito da página de resultados, encontramos:

1. "Relevance": poderá ser alterada de acordo como objetivo da pesquisa, para a ordem ascendente ou descendente de data;
2. "Page Options": permite alterar a disposição da pagina de resultados;
3. "Share": Permite guardar na pasta pessoal, criar um alerta de pesquisa e até mesmo enviar o link da pagina de resultados.

Refine Results

Current Search

Boolean/Phrase:

pain

Limit To

Full Text

References Available

Scholarly (Peer Reviewed) Journals

1007 Publication Date 2017

Show More

Source Types

Search Results: 1 - 50 of 1,294,655

Relevance Page Options Share

1. **Toward a Transformed Understanding: From Pain and Movement to Pain With Movement.**

Academic Journal

Butera, Katie A.; Fox, Emily J.; George, Steven Z.; American Physical Therapy Association; Oct2016; v.96. n.10, 1503-1507. (5p) (Opinion) ISSN: 0031-9023 AN: 118521015, Database: CINAHL Plus with Full Text

Subjects: Pain Physiopathology; Movement Physiology; Physical Therapy Practice

PDF Full Text PlumX Metrics

2. **The influence of a biopsychosocial educational internet-based intervention on pain, dysfunction, quality of life, and pain cognition in chronic low back pain patients in primary care: a mixed methods approach.**

Academic Journal

(English) By: Valenzuela-Pascual F; Molina F; Corbi F; Blanco-Blanco J; Gil RM; Soler-Gonzalez J, BMC Medical Informatics And Decision Making [BMC Med Inform Decis Mak], ISSN: 1472-6947, 2015 Nov 23; Vol. 15, pp. 97; Publisher: BioMed Central; PMID: 26597937;

Background: Low back pain is the highest reported musculoskeletal problem worldwide. Up to 90 % of patients with low back pain have no clear explanation for the source and origin of their pain. These individuals commonly receive a diagnosis of non-specific low back pain. Patient education is a way to provide information and advice aimed at changing patients' cognition and knowledge about their chronic state through the reduction of fear of anticipatory outcomes and the resumption of normal activities. Information technology and the expedited communication processes associated with this technology can be used to deliver health care information to patients. Hence, this technology and its ability to deliver life-changing information has grown as a powerful and alternative health promotion tool. Several studies have demonstrated that websites can change and improve chronic patients' knowledge and have a positive impact on patients' attitudes and behaviors. The aim of this project is to identify chronic low back pain patients' beliefs about the origin and meaning of pain to develop a web-based educational tool using different educational formats and gamification techniques.

Methods/design: This study has a mixed-method sequential exploratory design. The participants are chronic low back pain patients between 18-65 years

Company Information

Nektar Therapeutics

Pain Therapeutics, Inc.

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21-10-2016

http://web.a.ebscohost.com/ehost/results... 01&bquery=pain&bdata=JmRiPWE5aCZkYj1idGmZG9ncnpoJmRiPWNaCZkYj1jaGmZC...

Result List: pain: EBSCOhost

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http... Mono... bibl... myGI... Com

Página Segurança Ferramentas

12. The effect of Kinesio taping application for acute non-specific low back pain: a randomized controlled clinical trial.

Academic Journal

Kelle, Bayram; Güzel, Rengin; Sakalli, Hakan, Clinical Rehabilitation Oct2016, Vol. 30 Issue 10, p997 (English Abstract Available) Abstract: Objective: To investigate the effect of Kinesio taping application in acute non-specific low back **pain**. Design: A randomized controlled clinical trial. Setting: Physical Medicine and Rehabilitation Clinic. Participants: A total of 109 patients with acute low back **pain** were randomized into either Kinesio taping (n = 54) or control (n = 55) groups. Intervention: The intervention group was treated with information and reassurance plus Kinesio taping, while the control group received merely information and reassurance. All participants were allowed to use as-needed doses of paracetamol. Kinesio tape was applied to the most painful area of the low back for a total of 12 days. Main outcome measures: Worst **pain** and disability were assessed at baseline, after the 12-day intervention, and at four weeks follow-up. During the first 12 days, participants filled in a **pain** diary consisting of a numeric rating scale and recorded the number of paracetamol tablets consumed daily. Disability was assessed with the Oswestry Disability Index. Results: After 12 days of intervention, **pain** intensity and the Oswestry Disability Index improved significantly in both groups; the improvements were significantly superior in the Kinesio taping group (p = 0.003, p = 0.011). The Kinesio taping group reached **pain** control earlier (sixth day vs. 12th day) and consumed less paracetamol. At the fourth week, although **pain** intensity was significantly more reduced in the Kinesio taping group (p = 0.015), there were no differences with regard to disability. Conclusions: Kinesio taping provided significant improvements in **pain** and disability; thus, it can be used as a complementary method in acute non-specific low back **pain**. ABSTRACT FROM AUTHOR, Database: SPORTDiscus with Full Text

Subjects: LUMBAR **pain**; **PAIN** measurement; TREATMENT effectiveness; ATHLETIC tape; TREATMENT; DISABILITY evaluation; PROBABILITY theory; RESEARCH -- Finance; STATISTICS; T-test (Statistics); SAMPLE size (Statistics); DATA analysis; RANDOMIZED controlled trials; ACUTE diseases; DATA analysis -- Software; DIARY (Literary form); MANN Whitney U Test

Parameter	Kinesio taping group (n=54)	Control group (n=55)	P
Number of patients	54	55	
1st Assessment day	1.0(0.15)	1.7(0.42)	0.003
2nd Assessment day	1.5(0.38)	2.0(0.48)	0.011
4th Assessment day	1.5(0.45)	1.8(0.48)	0.15

HTML Full Text PDF Full Text (417KB)

13. Evaluating the effectiveness of various forms of physical therapy in low back pain treatment.

Podemos aceder diretamente ao texto clicando em "PDF Full Text"

... 147 (English Abstract Available) Abstract: Introduction. The incidence of low back pain is a global health problem, including physical therapy. The study focuses on three such forms of physical therapy: ultrasound therapy, magnet therapy, and a wide range of magnet therapy. The study sample comprised 70 patients with chronic low back pain. The patients were divided into three groups: Group I - ultrasound therapy, Group II - ultrasound therapy, and Group III - a wide range of magnet therapy. Results. In each group of patients, a statistically significant improvement was attained in all tested variables. Comparing the results between treatment groups, a statistically significant difference in the results of the VAS scale was found (with the best results in the group undergoing ultrasound therapy). Posttherapy results of Laitinen's questionnaire, Schober test and the Oswestry Disability Index revealed no statistically significant differences between the groups. Conclusions. Both ultrasound therapy and magnet therapy had positive effects on patients with low back pain, showed analgesic effects, improved...

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http://web.a.ebscohost.com/ehost/detail/detail?vid=10&sid=8a4034ff-3c96-49fc-9fb5-59523d66e08f%40sessionmgr4009&hid=4101&bdata=JnNpdGU9ZWhvc3QtbnG12ZQ%3d%3d#AN=118573703&db=s3h

The effect of Kinesio taping... x

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http... Mono... bibl... myGl... Conv... Site...

Result List | Refine Search | 12 of 1,294,655

The effect of Kinesio taping application for acute non-specific low back **pain**: a randomized controlled clinical trial.

Authors: Kelle, Bayram¹ bayramkelle@yahoo.com
Güzel, Rengin¹
Sakalli, Hakan²

Source: Clinical Rehabilitation Oct2016, Vol. 30 Issue 10, p997 7p.

Language: English

Subject Terms: *LUMBAR pain
*PAIN measurement
*TREATMENT effectiveness
*ATHLETIC tape
TREATMENT
DISABILITY evaluation
PROBABILITY theory
RESEARCH -- Finance
STATISTICS
T-test (Statistics)
SAMPLE size (Statistics)
DATA analysis
RANDOMIZED controlled trials
ACUTE diseases
DATA analysis -- Software
DIARY (Literary form)
MANN Whitney U Test

Acute non-specific low back **pain**; Kinesio tape; numeric rating scale; Oswestry Disability Index

Objective: To investigate the effect of Kinesio taping application in acute non-specific low back **pain**. **Design:** A randomized controlled clinical trial. **Setting:** Physical Medicine and Rehabilitation Clinic. **Participants:** A total of 109 patients with acute low back **pain** were randomized into either Kinesio taping (n = 54) or control (n = 55) groups. **Intervention:** The intervention group was treated with information and reassurance plus Kinesio taping, while the control group received merely information and reassurance. All participants were allowed to use as-needed doses of paracetamol. Kinesio tape was applied to the most painful area of the low back for a total of 12 days. **Main outcome measures:** Worst **pain** and disability were assessed at baseline, after the 12-day

Tools

- Add to folder
- Print
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- Export
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- Share
- Listen
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PT 16:02 21-10-2016

Clicando no título do documento, o interface mostra-nos a página demonstrada. Do lado esquerdo temos as formas de acesso, na parte central os dados do documento (inclusive, sempre que autorizado, o email do autor) e no lado direito as "Tools"

http://web.a.ebscohost.com/ehost/pdfviewer/pdfviewer?sid=8a4034ff-3c96-49fc-9fb5-59523d66e08f%40sessionmg4009&vid=14&hid=4101

The effect of Kinesio taping...

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« Result List Refine Search Download PDF Sign In Folder Help

EBSCOhost

Detailed Record

PDF Full Text

Source: Clinical Rehabilitation
Date: October 1, 2016

Inside this work

Full Text Contents

1 - 5 6 - 10
Feasibility of Pilat... 984
The effect of Kinesi... 997
A pilot single-blind... 1004
Creative art therapy... 1016
The effect of additi... 1024

Illustrations

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21-10-2016

Article

The effect of Kinesio taping application for acute non-specific low back pain: a randomized controlled clinical trial

Ergin Güzel¹ and Hakan Sakallı²

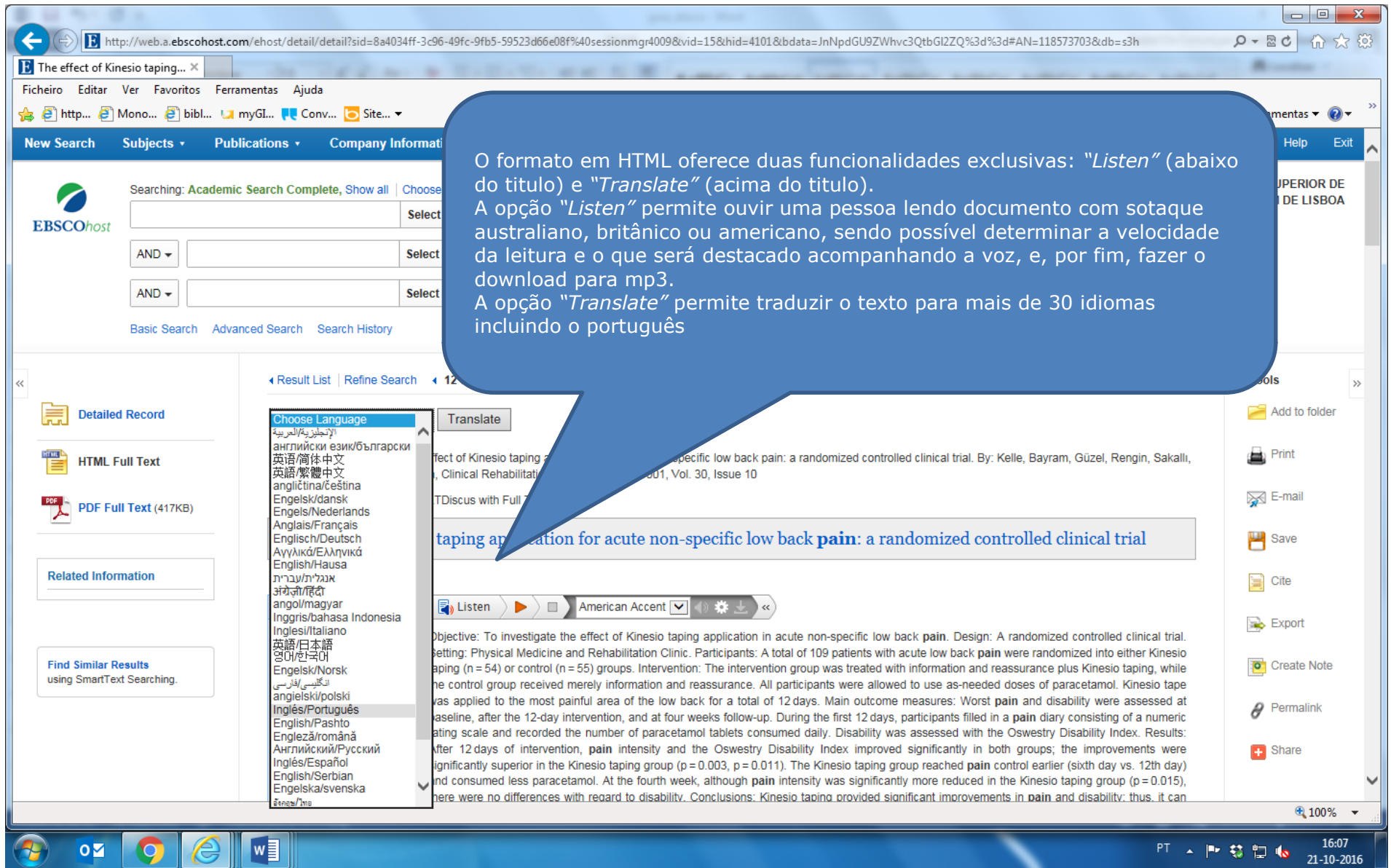
CLINICAL REHABILITATION

Clinical Rehabilitation
2016, Vol. 30(10) 997-1003
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DOI: 10.1177/02692155155603218
cre.sagepub.com

SAGE

1. Imprimir
2. Enviar por email
3. Adicionar a pasta
4. Citar
5. Exportar
6. Link permanente
7. Compartilhar

O formato PDF abrir-se-á, normalmente, apresentando do lado esquerdo o sumário e do lado direito as ferramentas Com as seguintes funcionalidades:



O formato em HTML oferece duas funcionalidades exclusivas: "Listen" (abaixo do título) e "Translate" (acima do título).
A opção "Listen" permite ouvir uma pessoa lendo documento com sotaque australiano, britânico ou americano, sendo possível determinar a velocidade da leitura e o que será destacado acompanhando a voz, e, por fim, fazer o download para mp3.
A opção "Translate" permite traduzir o texto para mais de 30 idiomas incluindo o português

- Choose Language
- الإيطالية/العربية
- английски език/български
- 英語/简体中文
- 英語/繁體中文
- angličtina/čeština
- Engelsk/dansk
- Engels/Nederlands
- Anglais/Français
- Englisch/Deutsch
- Αγγλική/Ελληνικά
- English/Hausa
- אנגלית/עברית
- အင်္ဂလိပ်/မြန်မာ
- angol/magyar
- Inggris/bahasa Indonesia
- Inglese/Italiano
- 英語/日本語
- 영어/한국어
- Engelsk/Norsk
- انگلیسی/فارسی
- angielski/polski
- Inglés/Português
- English/Pashto
- Engleză/română
- Английский/Русский
- Inglés/Español
- English/Serbian
- Engelska/svenska
- အင်္ဂလိပ်/မြန်မာ

Translate

Listen

American Accent

taping application for acute non-specific low back pain: a randomized controlled clinical trial

Objective: To investigate the effect of Kinesio taping application in acute non-specific low back pain. Design: A randomized controlled clinical trial. Setting: Physical Medicine and Rehabilitation Clinic. Participants: A total of 109 patients with acute low back pain were randomized into either Kinesio taping (n = 54) or control (n = 55) groups. Intervention: The intervention group was treated with information and reassurance plus Kinesio taping, while the control group received merely information and reassurance. All participants were allowed to use as-needed doses of paracetamol. Kinesio tape was applied to the most painful area of the low back for a total of 12 days. Main outcome measures: Worst pain and disability were assessed at baseline, after the 12-day intervention, and at four weeks follow-up. During the first 12 days, participants filled in a pain diary consisting of a numeric rating scale and recorded the number of paracetamol tablets consumed daily. Disability was assessed with the Oswestry Disability Index. Results: After 12 days of intervention, pain intensity and the Oswestry Disability Index improved significantly in both groups; the improvements were significantly superior in the Kinesio taping group (p = 0.003, p = 0.011). The Kinesio taping group reached pain control earlier (sixth day vs. 12th day) and consumed less paracetamol. At the fourth week, although pain intensity was significantly more reduced in the Kinesio taping group (p = 0.015), there were no differences with regard to disability. Conclusions: Kinesio taping provided significant improvements in pain and disability; thus, it can

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Title: The effect of Kinesio taping application for acute non-specific low back pain: a randomized controlled clinical trial. By: Kelle, Bayram, Güzel, Rengin, Sakalli, Hakan, Clinical Rehabilitation, 02692155, 20161001, Vol. 30, Issue 10

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O efeito da aplicação de fita adesiva Kinesio não específica aguda lombalgia: um ensaio clínico randomizado e controlado

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Objetivo: Investigar o efeito da aplicação de fita adesiva Kinesio não específica aguda lombalgia. Design: Um ensaio clínico randomizado e controlado. Definição: clínica de medicina física e reabilitação. Participantes: um total de 109 pacientes com lombalgia aguda foram randomizados em quer Kinesio com fita adesiva (n = 54) e controle (n = 55) grupos. Intervenção: o grupo de intervenção foi tratada com informações e de resseguro plus Kinesio com fita adesiva, enquanto o grupo controle recebeu apenas informações e de resseguro. Todos os participantes foram autorizadas a utilizar como necessárias doses de paracetamol. Fita Kinesio foi aplicado para a área de mais dolorosa a baixa de volta para um total de doze dias. Medidas de desfecho principal: pior dor e incapacidade foram avaliados no momento basal, após os 12 dias de intervenção, e em quatro semanas de seguimento. Durante os doze primeiros dias, os participantes preencheram um diário da dor constituído por uma escala de categoria numérica e gravado o número de comprimidos de paracetamol consumido diariamente. A deficiência foi avaliada com o índice de incapacidade Oswestry. Resultados: após doze dias de intervenção, a intensidade da dor e o índice de incapacidade Oswestry melhorou significativamente em ambos os grupos; as melhorias foram significativamente superiores no grupo com fita adesiva Kinesio (p = 0,003, p = 0,011). O grupo chegou a Kinesio aglutina o controle da dor anterior (sexto dia versus xii dia) e menos consumidos paracetamol. Na quarta semana, embora a intensidade da dor foi significativamente mais reduzido no grupo com fita adesiva Kinesio (p = 0,015), não houve diferenças com relação à deficiência. Conclusões: Kinesio aglutina desde melhorias significativas na dor e incapacidade; assim, ela pode ser usada como um método complementar na fase aguda não específica de lombalgia.

Não específica aguda lombalgia; Kinesio tape; Oswestry Disability Index; escala de categoria numérica

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