Application of Kinesio® Tape techniques for improved facial symmetry and occupational performance post neurologic injury

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Objectives

• Explain the impact of facial asymmetry on participation in occupations, i.e. eating, communicating, grooming, and social/leisure activities.
• Identify when a facial taping intervention can be used by an occupational therapist to address facial asymmetry and facilitate neuromuscular re-education.
• Pilot the feasibility of administering assessments to capture change in facial asymmetry and specific components of occupational performance.
• Present preliminary results to address the effectiveness of the intervention.

Background

• Facial asymmetry is a common impairment after cerebrovascular accident and brain injury/disease.
• The physical and psychosocial effects of facial asymmetry are recognized in current research (VanSwearingen, 2008), however these effects are frequently overlooked during rehabilitation after neurologic injury.
• Facial asymmetry can lead to physical dysfunction, social disability, fundamental changes in self-concept, and decreased functional participation (Rumsey & Harcourt, 2004).
• Occupational therapists focus on aspects of occupational performance that can be affected by facial asymmetry such as eating, oral hygiene, socializing, and well being.
• While a universal treatment approach for face asymmetry has not been established, a growing body of research supports implementation of facial neuromuscular training (Pereira et al., 2011) with improvements in client satisfaction, quality of life, and restoration in function reported (Diels, 2000).
• Kinesio® Tape has been utilized for neuromuscular re-education in other contexts to address tone regulation, alignment, and proprioception (Kase, Wallis & Kase, 2003).
• This poster explains how a functional corrective kinesio® taping technique can be applied to the face as a neuromuscular treatment for facial asymmetry.

Clinical training for taping techniques:

• Recommend continuing education with the Kinesio® Tape Association.

Contraindications for use of Kinesio® Tape:

• Do not apply Kinesio® Tape over active malignancy site, over active cellulitis or skin infection, over open wounds, over deep vein thrombosis.

Precautions for use of Kinesio® Tape:

• Caution and physician approval recommended for the following → diabetes, kidney disease, congestive heart failure, coronary artery disease or bruits, fragile or healing skin, pregnancy.
• Precautions mimic those for other physical agent modalities.

References:


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