

## ABSTRACT

**Objectives:** This study aims to confirm that the reduction of pain perception and improvement of functional status in knee osteoarthritis patients is more effective with Kinesio Taping (KT) compared with Short Wave Diathermy (SWD).

**Design:** Experimental study.

**Setting:** Physical Medicine and Rehabilitation Outpatient clinic dr. Sutomo General Hospital.

**Participants:** A total of 20 patients with knee osteoarthritis were randomly assigned to KT group (n=10) and SWD group (n=10).

**Methods:** Subjects in the KT group underwent three KT applications in a 2 week period. The SWD group received four SWD therapy sessions in a 2 week period.

**Main Outcome Measures:** The reduction of pain perception was evaluated with the VAS, and the improvement of functional status with the KOOS before and after intervention.

**Results:** No significant difference was observed in the reduction of VAS in the KT and SWD group. A significant difference in the improvement of functional status was observed in the KT group compared with SWD group.

**Conclusion:** KT application is more effective than SWD in improving the KOOS in knee osteoarthritis patients. KT application is not better than SWD in reducing pain perception.

Key words: kinesio taping, short wave diathermy, knee osteoarthritis.