

# Real Time Ultrasound Investigation.



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Inaugural Fascia Research Congress.  
Harvard Medical School. Boston MA. Oct 2007.

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## OBJECTIVE:

To examine if deformation of fascia occurs with the external application of tape. This investigation may demonstrate the effect of functional fascial taping® (FFT®) on soft tissue, providing evidence for its effectiveness in the treatment of many musculoskeletal conditions.

## METHOD:

Rigid strapping tape was applied to two sites; longitudinal to the quadriceps and transverse to the thoracolumbar fascia (TLF) using FFT's gathering technique. Real time ultrasound (RTU) was applied to the abdomen and quadriceps and a digital marker was used to quantify movement of muscle and fascia.

## RESULTS:

Tape to the TLF displaced the transverses abdominals (TrA), it's fascia and the fascia of the abdominal cavity by 0.94cms in the direction of the tape. In the quadriceps muscle RTU demonstrated displacement of the subcutaneous tissue layer, including the fascia 0.57cm in the direction of the tape. The deep fascia and the musculature moved in the opposite direction up to 0.57 cm (at a depth of 3cms)<sup>1</sup>.

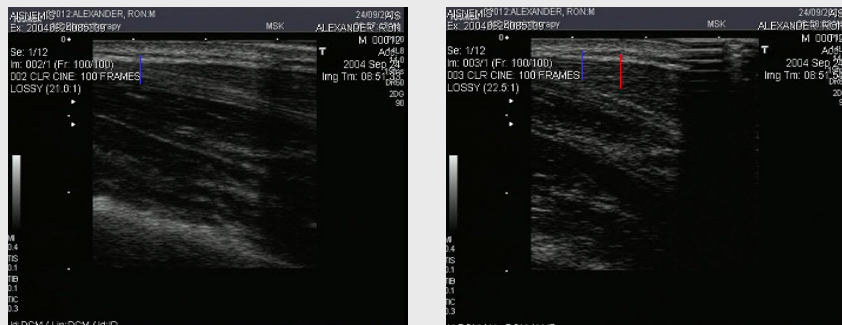


Figure 1. FFT® gathering technique applied to quadriceps muscle. Tissue displacement 0.57cms. (one piece of tape).

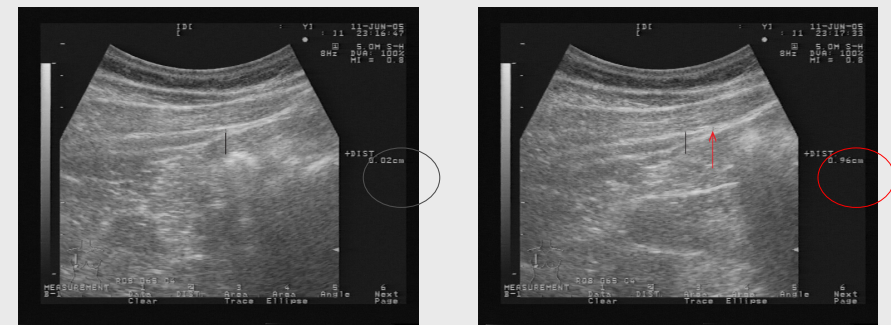


Figure 2. FFT® gathering technique applied to thoracolumbar fascia. Contralateral TrA displacement 0.94 cm in the direction of the tape. (four pieces of tape).

## CONCLUSION:

Demonstrable movement from the application of tape with RTU observed in the leg and trunk. Good clinical outcomes with FFT® may be due to fascial movement shown in this study. FFT may result in sustained myofascial release, further research is needed.

## Acknowledgments.

Craig Purdam. Head of the Physical Therapies Department The Australian Institute of Sports Canberra.  
Felicity Kermode. Former head of the West Australian Musculoskeletal Physiotherapy Association.  
Dr Jill Cook PhD. Physiotherapist Associate Professor in Musculoskeletal Health Deakin University.

## References.

<sup>1</sup> Alexander R. 2006. Proceedings, The Football Association (UK) and the Royal College of Surgeons.