

# Accepted Manuscript

The effect of kinesio taping versus stretching techniques on muscle soreness, and flexibility during recovery from nordic hamstring exercise

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PII: S1360-8592(16)30040-7

DOI: [10.1016/j.jbmt.2016.04.001](https://doi.org/10.1016/j.jbmt.2016.04.001)

Reference: YJBMT 1335

To appear in: *Journal of Bodywork & Movement Therapies*

Received Date: 15 November 2015

Revised Date: 16 March 2016

Accepted Date: 21 March 2016

Please cite this article as: Ozmen, T., Yagmur Gunes, G., Dogan, H., Ucar, I., Willems, M., The effect of kinesio taping versus stretching techniques on muscle soreness, and flexibility during recovery from nordic hamstring exercise, *Journal of Bodywork & Movement Therapies* (2016), doi: 10.1016/j.jbmt.2016.04.001.

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**THE EFFECT OF KINESIO TAPING VERSUS STRETCHING TECHNIQUES ON MUSCLE SORENESS,  
AND FLEXIBILITY DURING RECOVERY FROM NORDIC HAMSTRING EXERCISE**

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**ABSTRACT**

The purpose of this study was to examine the effects of static stretching, proprioceptive neuromuscular facilitation (PNF) stretching, or kinesio taping (KT) on muscle soreness and flexibility during recovery from exercise. Sixty-five females were randomly assigned to four groups: PNF stretching (n=15), static stretching (n=16), KT (n=17), and control (n=17). All

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