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## **Influence of pelvic padding and Kinesiology Taping on pain perception, kinematics, and kinetics of falls in female volleyball athletes**

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### **Highlights**

- Wearing pelvic padding reduces pain and increases reach distance in digging.
- Applying Kinesiology Taping on rectus abdominis reduces reach distance.
- Coaches may suggest shorts with pelvic pads to female volleyball athletes.

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