

Supplementary Material

Supplementary Tables

Supplementary Table 1. Search strategy of all databases

Database	Search details
PubMed	(Kinesio tape OR Kinesio taping OR Kinesiotape) AND (Osteoarthritis OR degenerative arthritis) AND Knee
Embase	('kinesio tape' OR 'kinesio taping' OR kinesiotape) AND (osteoarthritis OR 'degenerative arthritis') AND knee
MEDLINE	((Kinesio tape or Kinesio taping or Kinesiotape) and (Osteoarthritis or degenerative arthritis) and Knee).mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub- heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]
Cochrane Central Register of Controlled Trials	#1 Kinesio tape OR Kinesio taping OR Kinesiotape #2 Osteoarthritis OR degenerative arthritis #3 Knee #4 #1 AND #2 AND #3
Web of Science	ALL FIELDS: (((Kinesio tape OR Kinesio taping OR Kinesiotape)) AND (Osteoarthritis OR degenerative arthritis)) AND Knee) <i>Indexes=SCI-EXPANDED Timespan=All years</i>
Scopus	((Kinesio AND tape OR Kinesio AND taping OR Kinesiotape)) AND (Osteoarthritis OR degenerative AND arthritis)) AND knee
WangFang data	(All fields:(Kinesio tape OR Kinesio taping OR Kinesiotape)*All fields:(Osteoarthritis OR degenerative arthritis)*All fields:(Knee))*Date:-2020

CNKI (Full-text=(Kinesio tape) OR Full-text=(Kinesio taping)) AND
(Full-text =(Osteoarthritis) OR Full-text=(Degenerative arthritis))
OR (Full-text=(Knee) (Precise)

Google Scholar (((Kinesio tape OR Kinesio taping OR Kinesiotape)) AND
(Osteoarthritis OR degenerative arthritis)) AND Knee

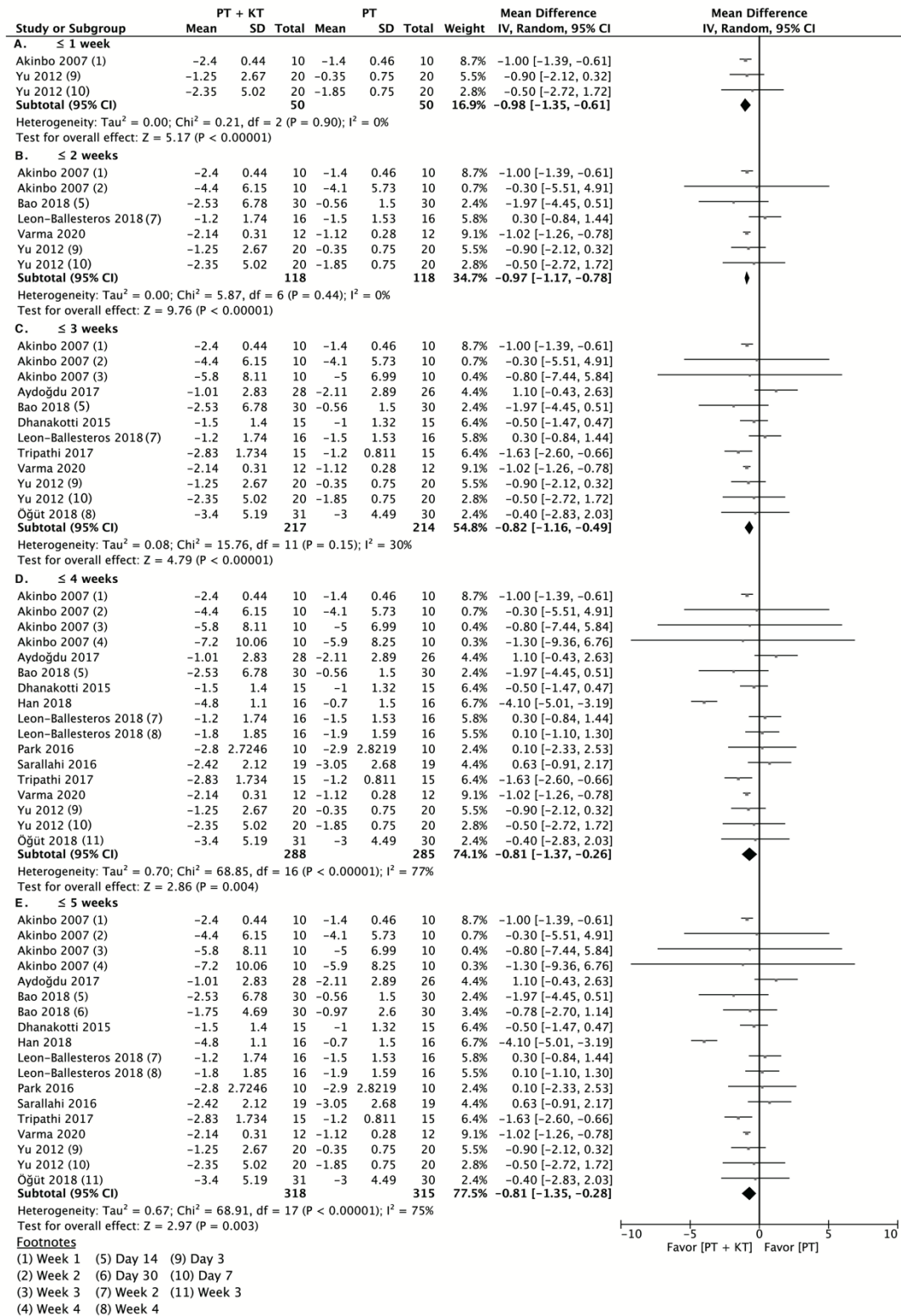
Supplementary Table 2. Full-text studies excluded for the review

No.	Study title	Exclusion rationale
1	Altmis H, Oskay D, Elbasan B, et al. Mobilization with movement and kinesio taping in knee arthritis- evaluation and outcomes. <i>Int Orthop</i> 2018; 42: 2807-2815.	No available data of subjective pain scores or functional scales
2	Taheri P, Vahdatpour B, Asl MM, et al. Effects of Taping on Pain and Functional Outcome of Patients with Knee Osteoarthritis: A Pilot Randomized Single-blind Clinical Trial. <i>Adv Biomed Res</i> 2017; 6: 139.	Combined with analgesics drugs used or intra-articular injection during the treatment period
3	Sari DPK and Zaidah L. PENGARUH PENAMBAHAN KINESIO TAPPING PADA OPEN KINETIK CHAIN TERHADAP PENINGKATAN KEMAMPUAN FUNGSIONAL PADA OSTEOARTHRITIS KNEE. <i>Universitas' Aisyiyah Yogyakarta</i> , 2017.	Non-randomized controlled trial
4	Kim EJ and Lee KB. Effects of kinesio taping to the quadriceps femoris muscles on functions of elderly women. <i>J Phys Ther Sci</i> 2017; 29: 1205-1207.	Did not mention the randomized allocation
5	Widiarti AW and Sukadarwanto S. PENGARUH FISIOTAPING TERHADAP PENINGKATAN KEMAMPUAN FUNGSIONAL PADA PASIEN OSTEOARTHRITIS. <i>Jurnal Keterapian Fisik</i> , 2016; 1: 28-33.	Non-randomized controlled trial
6	Safitri ER. PERBEDAAN PENGARUH PENAMBAHAN KINESIO TAPING PADA LATIHAN ISOMETRIK QUADRICEPSTERHADAPPENINGKATAN KEMAMPUAN FUNGSIONAL PADA OSTEOARTHRITIS LUTUT. <i>Universitas' Aisyiyah Yogyakarta</i> , 2016.	Non-randomized controlled trials
7	Lee K, Yi C-W and Lee S. The effects of kinesiology taping therapy on degenerative knee arthritis patients' pain, function, and joint range of motion. <i>J Phys Ther Sci</i> 2016; 28: 63-66.	Did not mention the randomized allocation

- 8 Castrogiovanni P, Di Giunta A, Guglielmino C, et al. The effects of exercise and kinesio tape on physical limitations in patients with knee osteoarthritis. *J Funct Morphol Kinesiol* 2016; 1: 355-368. Combined with analgesics drugs used or intra-articular injection during the treatment period
- 9 Tiwari AK, Sarkar B and Satapathy A. Efficacy of Kinesio Taping In the Management of Knee Osteoarthritis. *Int J Health Sci Res* 2017; 7: 107-119. Combined with analgesics drugs used or intra-articular injection during the treatment period
- 10 Abolhasani M, Halabchi F, Honarpishe R, et al. Effects of kinesiotape on pain, range of motion, and functional status in patients with osteoarthritis: a randomized controlled trial. *J Exerc Rehabil* 2019; 15: 603-609. Did not combine with physical therapy
- 11 Bhosale N, Kanase SB and Bathia K. Effect of mulligan's pain release phenomenon with kinesiotaping in chronic patellofemoral osteoarthritis. *Indian J Public Health Res Dev* 2019; 10: 324-327. Combined with analgesics drugs used or intra-articular injection during the treatment period
- 12 Donec V and Kubilius R. The effectiveness of Kinesio Taping(R) for pain management in knee osteoarthritis: a randomized, double-blind, controlled clinical trial. *Ther Adv Musculoskelet Dis* 2019; 11: 1759720x19869135. Combined with analgesics drugs used or intra-articular injection during the treatment period
- 13 Okudan N, Belviranli M and Oguz R. The Effects of Exercise Training and Exercise Training plus Kinesio Taping on Cartilage and Synovial Markers and Pain in Patients with Knee Osteoarthritis. *FASEB J* 2019; 33. Non-randomized controlled trials
- 14 Park JS, Yoon T, Lee SH, et al. Immediate effects of kinesiology tape on the pain and gait function in older adults with knee osteoarthritis. *Medicine* 2019; 98: e17880. Non-randomized controlled trials
- 15 Rahlf AL, Braumann KM and Zech A. Kinesio Taping Improves Perceptions of Pain and Function of Patients With Knee Osteoarthritis: A Randomized, Controlled Trial. *J Sport Rehabil* 2019; 28: 481-487. Did not combine with physical therapy
- 16 Ariyani, Putri Gyta, and S. S. T. Arin Supriyadi. Pengaruh Kinesio Taping terhadap Penurunan Nyeri pada Lansia Penderita Osteoarthritis Lutut. *Diss. Universitas Muhammadiyah Surakarta*, 2019. Non-randomized controlled trials

- 17 Ferreira, Ricardo, Duarte, José and Gonçalves, Rui. Non-randomized controlled trials
Non-pharmacological and Non-surgical Interventions
to Manage Patients with Knee Osteoarthritis: What's
New? *Palais de Congrès, Paris, France, World
Congress on Osteoporosis, Osteoarthritis and
Musculoskeletal Diseases*, 2019
- 18 Kurniawati, Pipit, Siti Soekiswati, and M. Non-randomized controlled trials
HKes. Pengaruh Pemberian Transcutaneous Electrical
Nerve Stimulation (TENS) dan Kinesio Taping untuk
Mengurangi Nyeri pada Osteoarthritis Genu di RSUD
Indramayu. *Diss. Universitas Muhammadiyah
Surakarta*, 2020.
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Supplementary Figures

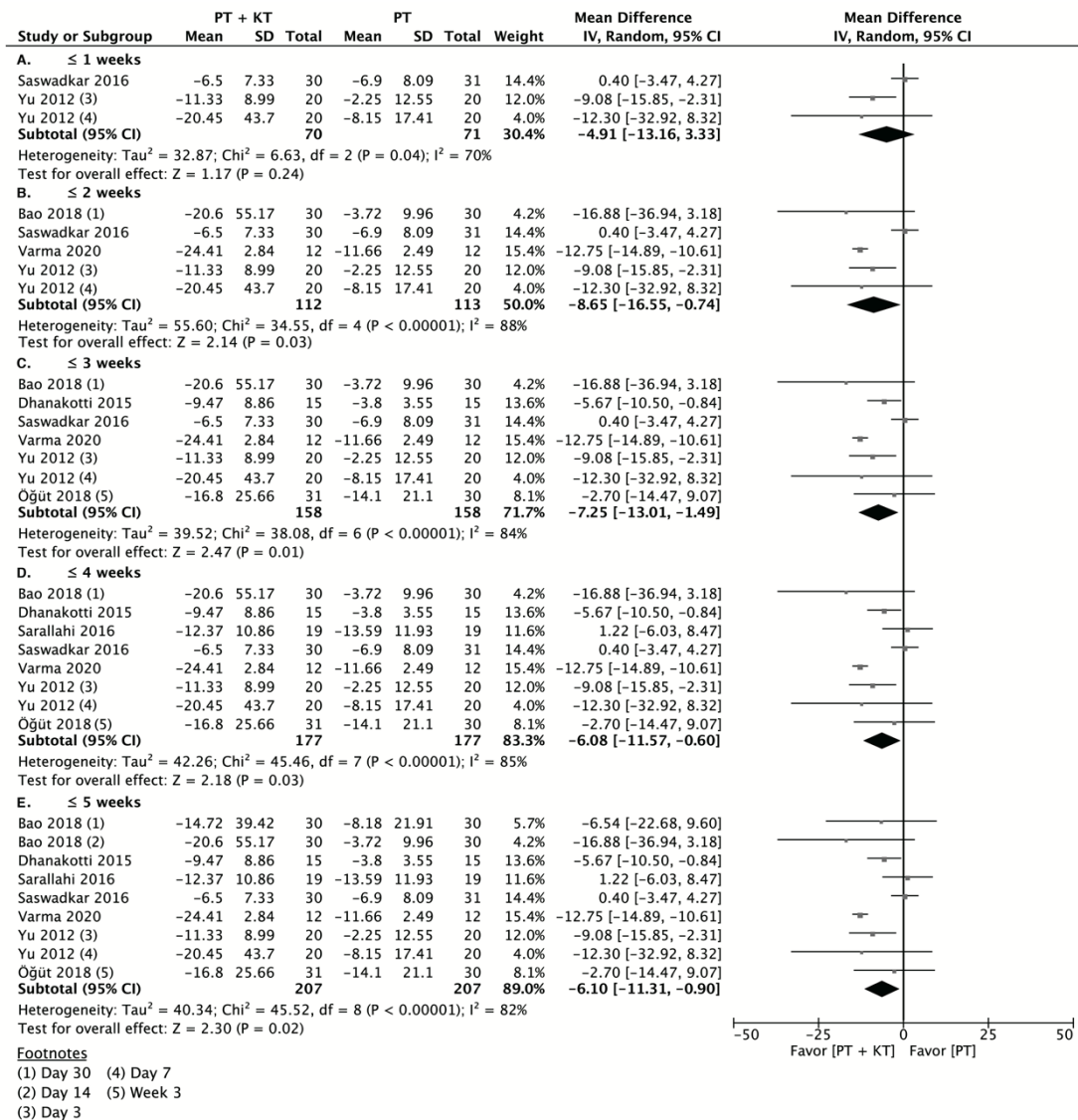


Supplementary Figure 1. Forest plot of comparisons of pain reduction (VAS or

NPRS) between the PT + KT and PT groups (A) Pain score reduction within 1 week

after initial treatments; (B) pain score reduction within 2 weeks after initial treatments; (C) pain score reduction within 3 weeks after initial treatments; (D) pain score reduction within 4 weeks after initial treatments; (E) pain score reduction within 5 weeks after initial treatments.

PT, Physical therapy; KT, Kinesio taping; VAS, Visual Analogue Scale; NPRS, Numeric pain rating scale.



Supplementary Figure 2. Forest plot of comparison of WOMAC score reduction between the PT + KT and PT groups. (A) WOMAC score reduction within 1 weeks after initial treatments; (B) WOMAC score reduction within 2 weeks after initial treatments; (C) WOMAC score reduction within 3 weeks after initial treatments; (D) WOMAC score reduction within 4 weeks after initial treatments; (E) WOMAC score reduction within 5 weeks after initial treatments.

PT, Physical therapy; KT, Kinesio taping; WOMAC, The Western Ontario and
McMaster Universities Osteoarthritis Index.