

Pia M. Vinken/Anika Meereis/Thomas Heinen/Gerd Thienes

EFFEKTE ELASTISCHER TAPES AUF DIE FREIWURFFLEISTUNG IM WASSERBALL

Literatur

- Bassett, K. T., Lingman, S. A. & Ellis, R. F. (2010). The use and treatment efficacy of kinaesthetic taping for musculoskeletal conditions: A systematic review. *New Zealand Journal of Physiotherapy*, 38 (2), 56-62.
- Bökelberger, A. & Lehner, O. (2012). *Kinesiologisches Taping*. Bern: Hans Huber.
- CCC-Software (2008). *utilius easyINSPECT*. Markkleeberg, Deutschland.
- Chang, H.-Y., Chou, K.-Y., Lin, J.-J., Lin, C.-F. & Wang, C.-H. (2010). Immediate effect of forearm kinesiio taping on maximal grip strength and force sense in healthy collegiate athletes. *Physical Therapy in Sport*, 11, 122-127.
- Chi, M. (2006). Two approaches to the study of experts' characteristics. In K. A. Ericsson, N. Charness, R. R. Hoffmann & P. J. Feltovich (Eds.). *The Cambridge Handbook of Expertise and Expert Performance* (pp. 21-30). New York: Cambridge University Press.
- Cohen, J. (1988). *Statistical Power Analysis for the Behavioral Science* (2nd ed.). Mahwah: Lawrence Erlbaum.
- do Carmo Silva Perreira, P., da Cunha Menezes Costa, L., Hespagnol Junior, L. C., Dias Lopes, A. & Oliveira Pena Costa, L. (2014). Current evidence does not support the use of kinesiio taping in clinical practice: A systematic review. *Journal of Physiotherapy*, 60, 31-39.
- Drouin, J. L., McAlpine, C. T., Primak, K. & Kissel, J. (2013). The effects of kinesiio tape on athletic-based performance outcomes in healthy, active individuals: A literature synthesis. *The Journal of the Canadian Chiropractic Association*, 57 (4), 356-365.
- Fratocchi, G., Di Mattia, F., Rossi, R., Mangone, M., Santilli, V. & Paoloni, M. (2013). Influence of kinesiio taping applied over biceps brachii on isokinetic elbow peak torque. A placebo controlled study in a population of young healthy subjects. *Journal of Science and Medicine in Sport*, 16, 245-249.
- Fu, T.-C., Wong, A. M. K., Pei, Y.-C., Wu, K. P., Chou, S.-W., & Lin, Y.-C. (2008). Effect of kinesiio taping on muscle strength in athletes - A pilot study. *Journal of Science and Medicine in Sport*, 11, 198-201.
- Hsu, Y.-H., Chen, W.-Y., Lin, H.-C., Wang, W. T. J., & Shih, Y.-F. (2009). The effects of taping on scapular kinematics and muscle performance in baseball players with shoulder impingement syndrome. *Journal of Electromyography and Kinesiology*, 19 (6), 1092-1099.
- Ilbeygui, R. (2013). *Taping*. München: Elsevier.
- Jobe, F. W., Radovich Moynes, D., Tibone, J. E. & Perry, J. (1984). An EMG analysis of the shoulder in pitching: A second report. *The American Journal of Sports Medicine*, 12 (3), 218-220.
- Kalron, A. & Bar-Sela, S. (2013). A systematic review of the effectiveness of kinesiio taping: Fact of fashion? *European Journal of Physical and Rehabilitation Medicine*, 49, 1-11.
- Kase, K., Wallis, J. & Kase, T. (2003). *Clinical therapeutic applications of the kinesiio taping method* (2nd ed.). Tokyo: Kinesiio Taping Association.
- Kozel, J. (2003). *Wasserball - Ausbildung und Training*. Aachen: Meyer & Meyer.
- Kumbrink, B. (2011). *K Taping*. Heidelberg: Springer.
- Lin, J.-J., Hung, C.-J. & Yang, P.-J. (2011). The effects of scapular taping on electromyographic muscle activity and proprioception feedback in healthy shoulders. *Journal of Orthopaedic Research*, 29 (1), 53-57.
- Mostert-Wentzel, K., Swart, J. J., Masenyetse, L. J., Sihlali, B. H., Cilliers, R., Clarke, L., Maritz, J., Prinsloo, E.-M. & Steenkamp, L. (2012). Effect of kinesiio taping on explosive muscle power of gluteus maximus of male athletes. *South African Journal of Sports Medicine*, 24, 75-80.
- Nunes, G. S., de Noronha, M., Cunha, H. S., Ruschel, C. & Borges, N. G. (2013). Effect of kinesiio taping on jumping and balance in athletes: A crossover randomized controlled trial. *Journal of Strength and Conditioning Research*, 27, 3183-3189.
- O'Sullivan, D. & Bird, S. P. (2011). Utilization of kinesiio taping for fascia unloading. *International Journal of Athletic Therapy and Training*, 16, 21-27.
- Schiffer, T., Möllinger, A., Sperlich, B. & Memmert, D. (2015). Kinesiio taping and jump performance in elite female track and field athletes. *Journal of Sport Rehabilitation*, 24, 47-50.
- Van Hezele, M., van Cingel, R., Maenhout, A., De Mey, K. & Cools, A. (2013). Does the application of kinesiio tape change scapular kinematics in healthy female handball players? *International Journal of Sports Medicine*, 34, 950-955.
- Vercelli, S., Giorgio, F., Elisabetta, B. & Francesco, S. (2012a). How much is kinesiio taping a psychological crutch? *Manual Therapy*, 18 (3), e11.
- Vercelli, S., Sartorio, F., Foti, C., Colletto, L., Virton, D., Ronconi, G. & Ferreiro, G. (2012b). Immediate effects of kinesiio taping on quadriceps muscle strength: A single-blind, placebo-controlled crossover trial. *Clinical Journal of Sport Medicine*, 22, 319-326.
- Vinken, P. M. (2015). Short-term effects of elastic taping on gymnast's jumping performance. *Science of Gymnastics Journal*, 7 (1), 5-16.
- Vinken, P. M., Hennig, L., Heinen, T. (2014). Short-term effects of elastic taping on dancer's postural control performance. *Central European Journal of Sport Sciences and Medicine*, 8 (4), 61-72.
- Williams, S., Whatman, C., Hume, P. A. & Sheerin, K. (2012). Kinesiio taping in treatment and prevention of sport injuries. *Sports Medicine*, 42, 153-164.

Korrespondenzadresse

Dipl. Sportwiss. Pia M. Vinken, Georg-August-Universität Göttingen, Institut für Sportwissenschaften, Sprangerweg 2, 37075 Göttingen
E-Mail: pia.vinken@sport.uni-goettingen.de