 McConnell Taping Technique

One of the most common treatment techniques for the treatment of patellofemoral (knee joint) pain is patellar taping, also referred to as McConnell taping. McConnell taping was first introduced in 1984 by Jenny McConnell, a physical therapist in Australia. The McConnell taping technique can help keep the kneecap in alignment. This can help reestablish normal movement, decrease pain and allow the muscles that hold the kneecap in place to redevelop properly.

A knee cap can track ineffectively for a number of reasons: weakness, muscle imbalance, structural deviation etc. When the knee cap does not track in the trochlear groove, pain can occur. There are several taping techniques that address different tracking problems. The original intent of performing patellar taping was to alter the tilt and position of the patella (knee cap), most commonly by shifting a laterally displaced patella more medially to correct patellofemoral tracking problems.

McConnell would correct this by first applying a protective tape called cover roll stretch and then applying a piece of thick medical tape (usually called leukotape) placed adjacent to the knee, then pulling the knee cap into position. While wearing the tape, most patients feel immediate pain relief and they are encouraged to exercise with the tape in place to provide the muscles with the appropriate feedback to correct the problem. McConnell taping can be used in the physical therapy setting or taught to the patients so they may use it at home as needed for exercise and pain relief.