I feel that my research with KT taping techniques on Ehlers's Danlos Syndrome is very relevant to Allied Health Sciences, because not only do a lot of athletes use the taping, but also those who are injured in day to day life activities use it. I know from personal experience, I was told to use KT tape in order to help my ligaments keep my joints from slipping out of place. With the research done, it can not only help athletes who have been diagnosed with Ehlers's Danlos Syndrome, but also help those who struggle with their joints slipping out of place when doing daily activities.

The strength this research had was how we were able to look at the muscle activation with not only just the joint with the tape, but also without to see if the muscles were activated at the same time. There were a lot of limitations with this research. We were only able to have one participant to do the taping on. We could have done more, however, the risk of that participant injuring themselves without having prior knowledge of what taping techniques should be used. Also, there are a lot of muscles, point of origins, as well as lots of ligaments that can be super small is some parts. Without being able to see exactly where that muscle belly is, where the ligament is and where it will go while doing the movement, it's very hard to get a clear understanding of if the tape does help with the ligaments when we were unable to put anything or track the muscle from the inside.

Overall, there is not a lot of research done on Ehlers's Danlos Syndrome. This research could help those who have been diagnosed, but don't always have a lot of help with what to do for their bodies and what can help or what can hurt them. With this, we found that with the taping methods tried, from what we could tell with our force plates and EMG's, there is little to no effect on the ligament tracking and muscles.