



Colorado Science and Engineering Fair

2025 Team Project Abstract Form

Please print 2 copies of the completed form. Sign both copies, keep 1 for your notebook and submit 1 copy to your Regional Fair Director with your other paperwork.

Title of Project: Taping or Cupping?

Team Leader's Name: Jordayn Brandon

Team Member 1: Khloe Notter

Team Member 2: Lucy Kimminau

School and City: Stratton Middle School Stratton, CO

Sponsor's Name: Dannette McConnell

Category: Biomedical & Health Sciences

Division: Junior (grades 6 - 8)

Abstract (250 words or less):

Taping or Cupping?

Jordayn Brandon, Khloe Notter, Lucy Kimminau

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For our project, we tested which physical therapy technique is more effective out of taping and cupping. Our reason for doing this experiment is to provide the most effective method to reduce pain for people who are in need of physical therapy. Our hypothesis was that taping would be more effective. Before we experimented, we asked our 3 subjects their pain level before and after exercise. Then, we taped and cupped them 3 times in the span of 2 weeks, and recorded their pain level after each trial. Finally, we looked at the data to see which technique is more effective. In our results, we saw that taping reduced pain level more than cupping 7 times out of 9. Due to this, we concluded that taping is more effective than cupping. Our experiment went the way that it did because taping restricted the movement of muscles. Our subjects felt more pain while cupping because the suction was not powerful enough to reduce pain as well as the tape.

We hereby certify that the above statements are correct and the information provided in the Abstract is the result of one year's research. We also attest that the above properly reflects our own work.

Team Leader's Signature: _____

Date: _____

Team Member 1's Signature: _____

Date: _____

Team Member 2's Signature: _____

Date: _____

In addition, all students must complete the ISEF Student Checklist (1A), Research Plan, Approval Form (1B), and Checklist for Adult Sponsor (1), and any other ISEF forms required for this type of project. See the International Rules and Guidelines for form requirements. Return COPIES of all of these forms to your Regional Fair Director with your Finalist Verification/Permission Form. **A signed copy of this form must be included in your notebook.**