

The effectiveness of peloidotherapy and aquatic exercise in knee osteoarthritis treatment; a randomized controlled single blind study

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The aim of the study is to observe short and medium term effects of peloidotherapy and aquatic exercise in patients with knee osteoarthritis.

Seventy-six patients, with knee osteoarthritis were included. Patients were divided randomly into two groups, treatment group and control group (n=38). Six from the treatment group and one from the control group were dropped out. Treatment group received 30 minutes of aquatic exercise in a 33° C pool and 20 minutes of mud pack at 42°C on knees 5 days for 2 weeks. Control group continued medical treatment. Blind investigator assessed patients before and after the treatment, at the first and the third month of follow-up. Outcome measures were pain, patient's, and physician's global assessment, WOMAC, Lequesne knee index, health assessment questionnaire, SF-36, and timed up and go test.

There was statistically significant improvements in treatment group in all parameters at the end of the treatment, the first and the third month follow up. There was no significant improvement in control group. Group comparisons, treatment group was superior to control group for all parameters.

As a result in knee osteoarthritis treatment combination of peloidotherapy and aquatic exercise improves in pain, physical function and quality of life, and is superior to routine treatment.