

The benefit of mud therapy in association with Hialuronic Acid (HA) in hip osteoarthritis

Demirgian S⁽¹⁾, Marin V⁽¹⁾, Lulea A⁽¹⁾, Lascu AI⁽¹⁾, Sterghiu F⁽¹⁾,

⁽¹⁾Balneal and Rehabilitation Sanatorium Techirghiol, Techirghiol, Romania
sibeldemirgian@yahoo.com

Osteoarthritis(OA) is the most common chronic condition affecting patients over the age of 70. The prevalence of osteoarthritis increases with age, and with an aging population, the effect of this disease will represent an ever-increasing burden on health care. The knee is the most common joint affected in osteoarthritis, with up to 41 in hands and 19% in hips.

The intraarticular injection of Hialuronic Acid(HA), called vascosupplementation, was first investigated in 1970s and now is commonly used in clinical practice for the management of OA.

Sapropelic mud from Techirghiol lake has proven benefits in patients affected by OA, the exactly mechanism of action is unknown, these benefits were shown during last years in many studies developed in Balneal and Rehabilitation Sanatorium Techirghiol.

The study was design on 60 patients with hip osteoarthritis hospitalized in Balneal and Rehabilitation Sanatorium Techirghiol for 12 to 19 days, during year 2017. Patients recived complex balnaeal treatment: mud therapy, hidrokinetotherapy, electrotherapy, massage,kinetotherapy and also intraarticular injection with (Antalvisc). Evaluation scales for hip articulation were made at patients admission in Sanatorium, one month, 6 month and one year after patients were discharged.

The results were good.