

Efficacy of peloidotherapy alone or in combination with hydrotherapy in osteoarthritis

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Aim of this study was to evaluate the efficacy of combined hydrotherapy and peloidotherapy compared to peloidotherapy alone in the treatment of patients with osteoarthritis.

In this observational retrospective study 873 patients records who were undertaken balneological treatment at the Medical Ecology and Hydroclimatology Department of Istanbul Faculty of Medicine, were analysed. The diagnoses were 175 generalized OA, 338 knee OA, 44 hip OA, 138 hand OA, 59 cervical OA, 67 lomber OA and 11 foot ankle OA. In total 606 patients given ten treatment sessions of hydrotherapy (tap water, 37 °C) and peloidotherapy(42-43 °C) for 2 weeks, 5 days per week. In total 226 patients also given same treatment protocol except hydrotherapy. Evaluations were done before and after treatment by pain intensity (visual analog scale, VAS), patient's general evaluation (VAS), physician's general evaluation (VAS), Health Assessment Questionnaire (HAQ), Lequesne's Functional Index (LFI), Western Ontario and McMaster Universities Index(WOMAC), Waddell Index (WI), Cervical Disability and Pain Scale (CDPS), Shoulder Disability Questionnaire(SDQ).

At the end of the combination therapy significant improvements have been found in all assessments.