

# The efficacy of balneotherapy in patients with chronic shoulder pain

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**Objective:** This study investigates the effect on pain and disability in patients with chronic shoulder pain of balneotherapy.

**Materials and Method:** A total of 60 individuals were divided randomly into two groups. Group I were given only physical therapy, Group II were given physical therapy and balneotherapy. All subjects received 3 weeks(15 sessions) of treatment. The water used was classified in the "thermomineral waters" group in balneology terms, with a total mineralization of 1744.367 mg/L (over 1000 mg/L) and a source temperature of 42°C. Assessments were made using the Pain (VAS) and Shoulder Pain and Disability Index (SPADI) at the beginning of treatment (W0), at the end of treatment (W2) and in the fourth week after treatment (W6).

**Results:** Statistically significant improvements were found in both groups compared to baseline at all post-treatment time points (between W2 and W6, when compared to W0) in VAS and SPADI values. When the difference scores were compared between Group I and Group II, a significant improvement in favor of Group 2 was found at all measurement points in VAS and SPADI (Pain, Activity, Total)

**Conclusion:** The results of the study suggest that balneotherapy can have a positive effect on pain and disability. Balneological treatments can be a good alternative for patients with chronic shoulder pain.

**Keywords:** Balneotherapy; Chronic Pain; Shoulder Pain; Physical Therapy; SPADI