INTRODUCTION: Effects of two types of balneotherapy on patients with knee osteoarthritis (OA) were compared. MATERIAL AND METHODS: 58 patients were included in the study and treated in the "Rusanda Spa" in Melenci. The patients were divided into two groups: group I (n=30) received a spa treatment and a mud pack per day, group II (n=28) received only two spa treatments per day. Thermal water components are: Na, Cl, Ca, HCO3, SO4 homeoterms (38 degrees C) and mud pack components are alkaline Na, Cl, Ca, HCO3, SO4. The effects of two traditional spa therapies were evaluated using Lequesne index. Secondary measures were pain intensity (visual analogue scale), 10 meters walking time, 3 squats and 10 stairs climbing time. RESULTS AND DISCUSSION: Improvements were found in Lequesne knee index. In group I it was higher (44%), than in group II (30.7%), p<0.001. Vascular pain has decreased in both groups (38.2% and 31.1%). In group I it was more significant (p=0.003). CONCLUSION: The results of secondary measures show a better improvement in the first, in regard to the second group. Both traditional spa therapies are good in treatment of functional status and pain in patients with OA. A combination of these two spa therapies is the best solution, but it is not clinically relevant.

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