

EFFICACY OF NATURAL THERAPEUTIC FACTORS FROM OCNA SIBIULUI SPA RESORT IN GONARTHROSIS

Mariana Varodi¹, Gabriela Dogaru²

1. Ocna Sibiului Strand Spa Complex nicovarodi_bft@yahoo.com
2. Clinical Rehabilitation Hospital Cluj-Napoca "Iuliu Hatieganu" UMPH, Cluj-Napoca

Abstract

Introduction: Through its multiple natural therapeutic factors (the sodium-chloride concentrated waters of 52 lakes, fossil sapropelic mud and sedative bioclimate), Ocna Sibiului spa resort offers the possibility of treatment for a wide range of locomotor system diseases: degenerative, inflammatory and ab-articular rheumatic diseases, post-traumatic disorders, peripheral neurological diseases, gynecological, dermatological, metabolic or respiratory disorders. The spa resort is visited annually, mainly during the summer months, by thousands of Romanian and foreign tourists who come to enjoy treatment and rest in a natural setting favorable to physical and mental regeneration. Although its therapeutic effects have been known since the time of Dacians and Romans, and patients attending treatment feel the beneficial effects on their health, which makes them return year after year, there are no recent studies on the therapeutic efficacy of these natural factors, as would be required in the current context of evidence-based medicine.

Objective: Given the predominantly rheumatic profile of the resort and taking into consideration that knee arthrosis affects more than 60% of persons aged over 60 years, causing pain, limitation of mobility and impairment of quality of life, we aimed to conduct a study evaluating the effects of natural therapeutic factors in Ocna Sibiului spa on the clinical and functional parameters of patients with knee arthrosis.

Material and method: In patients diagnosed with gonarthrosis, who attended a 10-day course of treatment in Ocna Sibiului spa consisting of hot mud packs and hydro-kinesio-therapy in pools with sodium-chloride concentrated water, we assessed at the beginning and at the end of treatment pain, using the visual analogue scale, and mobility, by goniometry and the Lequesne algic-functional index.

Results: The study is in progress, but a preliminary data analysis shows the beneficial effects of treatment with natural therapeutic factors in Ocna Sibiului for patients with gonarthrosis, with a reduction of pain symptoms, an improvement of mobility, an amelioration of functional capacity and quality of life.

Conclusions: Considering the efficacy of natural therapeutic factors and the high accessibility of therapy, treatment in this spa resort remains an important component of the rehabilitation of patients with gonarthrosis.