THE EVOLUTION OF KNEE OSTEOARTHRITIS UNDER COMPLEX RECOVERY TREATMENT ASSOCIATED WITH BALNEAL THERAPY AND JOINT INFILTRATIONS

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Abstract

Introduction
Knee osteoarthritis affects over 48.6% of the population between 55 and 70 years old, being a degenerative type of affection which leads to invalidity and joint instability.

The treatment of knee osteoarthritis is complex and it starts with medical treatment followed by the physical-kinetic treatment and it ends with the invasive joint infiltrations treatment. The therapeutical solution is enhanced by imagistic investigations but it is decided through mio-arthrokinetic clinical examination.

Material and method
The present paper presents 4 cases of knee osteoarthritis hospitalized at Techirghiol balneal and rehabilitation sanatorium throughout a period of 2 years, counting at least 3 successive hospitalizations which have benefited of complex recovery treatment and joint infiltrations.

Results and discussions
The evolution of the knee osteoarthritis cases under balneal, physical and kinetic treatment was constant and it lead towards progressive improvement.

Conclusions
Balneal treatment accompanied by joint infiltrations with hyaluronic acid and blood plateled enriched plasma represents the best choice for joint protection and to maintain joint mobility in normal limits.

Key words: knee osteoarthritis, balneal treatment, joint infiltrations