



WEB OF SCIENCE



# 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