

[Related Articles, Books, LinkOut](#)

The effect of combined therapy (spa and physical therapy) on pain in various chronic diseases

Cimbiz A, Bayazit V, Hallaceli H, Cavlak U

Complement Ther Med 2005, 13 (4):244-50

Dumlupinar University, Health Institution of Higher Education, Department of Physical Therapy and Rehabilitation, Tanvanly Yolu, 43100 Kutahya, Turkey. alicimbizphd@hotmail.com

OBJECTIVE: Spa therapy is commonly used in the treatment of daily chronic diseases practice, but its benefits are still the subjects of discussion. This study investigates possible effects of a combined spa and physical therapy program on pain and hemodynamic responses in various chronic diseases.

METHODS: The pain intensity and hemodynamic responses of 472 patients involved in a spa and physical therapy program were studied retrospectively. Assessment criteria were pain [Visual Analog Scale (VAS)] and hemodynamic responses (heart rate, blood pressure, respiratory rate). Assessments took place before, immediately after treatment, and after completion of the spa program (before discharge).

RESULTS: The patients with ankle arthrosis, fibromyalgia and cervical disc herniation reported the highest VAS score before treatment program ($P < 0.05$). After the therapy program, VAS scores were seen to decrease compared to before treatment ($P < 0.05$). The patients with osteoarthritis of the hip (1.3 ± 1.2) and soft tissue rheumatism (1.3 ± 1.2) had the lowest VAS score before discharge compared to patients with other pathologies ($P < 0.05$). No statistically significant differences were detected between both sexes in terms of pain improvement ($P > 0.05$). On discharge, all hemodynamic responses decreased significantly compared to before and immediately after initiation of the therapy program ($P < 0.01$).

CONCLUSION: To decrease pain and high blood pressure without hemodynamic risk, a combined of spa and physical therapy program may help to decrease pain and improve hemodynamic response in patients with irreversible pathologies