Conclusion.– BT is an efficient and safe way for treating GAD. It could also be tested in resistant forms of GAD and in patients unable or reluctant to use pharmacotherapies.

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Posters

P487-e
The benefits of treatment with oligominal thermal waters in uric arthritis
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Keywords: Oligominal thermal water; Gout

Background.– Gout arthritis occurs due to excess uric acid in synovial tissue accumulated Risk factors include: genetic factors, exacerbated by environmental conditions and diet. Contributing factors are: micro-traumatisms repeated abuse of alcohol or soda carbonic acid, prolonged stay in bed, excessive exercise, metabolic syndrome, exposure to cold and moisture, acute infections, surgery, physical and intellectual overexertion, cures thermal, low urinary excretion of uric acid.

Objectives.– Highlighting beneficial effect on arthritis uric thermal water output infarction.

Methods.– We conducted a prospective study we included 13 patients with uric arthritis, acute put out that have addressed specialized outpatient treatment under Felix. The study was conducted over two years. Patients were evaluated at the beginning of treatment, at 7 days and 18 days. Treatment was followed balneatie external analgesics electrotherapy, hydrokinesitherapy, massage.

Results.– During hospitalization 5 patients showed activation of arthritis, and the remaining 8 patients had improvement of algal complaints, improve range of motion at the ankle and knee.

Conclusions.– We have shown the beneficial effect of water oligomineral at 37°C, the effect of decreased pain, increased amplitude favouring the Archimedes force and effect, toning, respecting hygienic-dietary regime, medication.

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P488-e
Hydrotherapy in rehabilitation. The case the PRM Department of Asklepieion, Hospital Voula, Greece
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Keywords: Balneotherapy; Hydrotherapy

Background.– Hydrotherapy has wide acceptance in the rehabilitation program in recent decades. By this method taking advantage two of the most basic properties of the water, the thermal and the mechanical stimuli. The hydrokinesitherapy is indicated in orthopaedic patients in posttraumatic and postoperative phase, in selected neurological diseases as well as to all rheumatic diseases.

Objective.– To analyse the use of the hydrotherapy in the PRM department the last 3 years.

Methods.– A retrospective study of 3 years from the archives of the PMR Department of Asklipieio, Voulas Hospital. Also review the existing literature.

Results.– The Department of Physiotherapy Asklepieion Hospital delivered a program of hydrotherapy in 31 patients in the last three years with an average 10.33 patients/year. Regarding the origin of the incidents 64% were orthopaedic, neurological 28% and only 8% rheumatological.

Discussion.– Hydrotherapy is an underestimated tool in the quiver of the PRM department of Asklepieion Hospital Voula Greece.

Conclusion.– Further research with better designed studies considered necessary.

Further reading

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