

Title: Spa therapy combined to physical therapy: Effectiveness in Chronic Low Back Pain management.

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INTRODUCTION :
Common chronic low back pain (CLBP), considered the "evil of the century", is a recurring pathology and a common complaint for many consultants in several medical specialties.
For its management, the therapist has many tools at its disposal, and non-drug treatments occupy a central place, among which is Spa therapy.
According to the Hight French Health Authority, Spa therapy (thermalism) has a grade B recommendation in the management of chronic low back pain with greater efficacy than hydrotherapy, which is based on the simple use of tap water.
OBJECTVES : In order to evaluate the contribution of combined Spa and physical Therapy in the management of chronic low back pain patient, this first therapeutic trial was conducted in Ouargla,Algeria.
MATERIALS & METHODS:
This is a randomized therapeutic trial involving 10 patients suffering from CLBP and managed in the Center of Spa therapy and Functional Rehabilitation in Ouargla .
The patients were randomized into 02 groups of 05: the first group (A) received physical care only (physiotherapy) and the second group (B) received the same physical care associated with spa treatments (showers, baths and mobilization under thermal water). Care was provided on an outpatient basis twice weekly for four weeks.
For the evaluation, the Oswestry Scale was used, in its Arabic version adapted for the North African population, a validated scale to evaluate the functional performance in CLBP. The assessment is done before the start of the care program and then at the end of the program.
RESULTS & DISCUSSION:
An improvement in the Oswestry score for the two groups was observed at the end of the therapeutic program.
Oswestry score improvement rate in group B (who received spa care associated with physical care); was larger (25.75% with an average gain of 5.2 points), contributed in group A who received only physical care (18.67% with an average gain of 2.8 points).

CONCLUSION:

As a result of this trial, which should be completed in the future, spa therapy may appear as a relevant therapeutic supplement in the CLBP.

It can bring a synergistic effect to the rehabilitation in the functional restoration for patients with CLBP. Combining Spatherapy with Physical and Rehabilitation Medicine can form a very effective partnership for a global management of the patient with CLBP.

KEY WORDS: Chronic low back pain, Spa therapy, Physical therapy, Oswestry scale.

Biography

Abdelghani MILIANI has completed his residency program in Physical and Rehabilitation Medicine(PRM) in 2016 from Algiers University and got admitted in the rank of assistant professor in Ouargla's faculty of medicine in 2018.

Now Abdelghani MILIANI is attending postdoctoral studies in Algiers University. He is the doctor in chief of medical screening unit at the PRM departement and an activ member of the Algerian board of PRM .

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