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Influence of spa treatment on hand functionality in female patients with rheumatoid arthritisEwa Puszczalowska-Lizis¹, Paulina Murdzyk² and Sławomir Jandzis¹¹University of Rzeszów, Poland²Spa & Tourism Company Stomil, Poland

Statement of the Problem: Rheumatoid arthritis (RA) is a systemic chronic disease of connective tissue with an immunological basis. Typical in that case arthritis, mainly in the hands, leads to grip weakening and manipulative deficiency, which in many cases hinders daily functioning and causes dependence on the environment. The aim of this study was to evaluate the effects of spa therapy in improving the hand functionality in RA women compared with the group of patients in the outpatient treatment.

Methodology: The double study included 120 women with RA aged 35-45, including 60 patients who were rehabilitated at Ziemowit Hospital in Rymanów Zdrój and 60 patients undergoing ambulatory care at the Department of Occupational Medicine NZOZ in Sanok. The pincer grip, key grip tests and the Grind test were performed. Wilcoxon test and Chi-square (χ^2) test was used for the analysis.

Results: After the therapy, the number of women who were able to perform the pincer and key grip increased in both groups and the Grind's test did not show any pain in the wrist-thumb joint area. There was also statistically significant increase in the point values (according to the adopted: 0-1 system) in individual tests that indicated an improvement.

Conclusion: Comprehensive procedures in spa treatment and outpatient therapy have a similar effect on improving functional parameters in RA female patients.

Biography

Ewa Puszczalowska-Lizis specializes in the treatment of adult and pediatric patients with congenital abnormalities, joint contractures and neuromuscular disorders. She has received her PhD from the University School of Physical Education in Cracow, Poland. Her research interests focus on the development of vertebral column, changes in body posture in various developmental periods and effects of musculoskeletal disorders treatment, also the efficiency of the foot in static and dynamic conditions, frequency of deviations below the norm and variability in foot structure in different periods of ontogeny. She has published a book, 15 book chapters and more than 70 articles in peer-reviewed scientific journals.

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