

Methods of hydro-balneotherapy in rheumatology: current issues

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The largest number of patients using the methods of hydro-balneotherapy suffer from rheumatic diseases of joints and spine. It is proved that the highest efficiency of hydro-balneotherapy methods registered in this group of patients.

Experience in the use of hydro-balneotherapy in the treatment of rheumatic diseases of joints and spine shows that balneologist often faced with situations where the designation of these methods becomes difficult.

The main difficulties faced by balneologist following:

- Evaluation of the effectiveness of hydro-balneotherapy;
- Comorbid states;
- Definition of procedural load taking into account the patient's initial condition;
- Definition of stages of inclusion of methods of hydro-balneotherapy in rehabilitation programs;
- Early inclusion of hydrobalneotherapy methods in therapeutic complexes after diagnosis of rheumatic fever;
- Referral of patients with rheumatic diseases to the resort;
- The appointment of hydro-balneotherapy to patients who are constantly taking various background medicamental therapies.

As the Russian experience shows, the correct and professional solution of these issues is the key to success.