

## Spa therapy in the treatment of knee osteoarthritis: a large randomized multicenter trial

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SLIDE 1

## Introduction



### Spa therapy

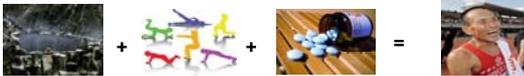
- Frequently prescribed for knee osteoarthritis (OA).
- Lack of high quality scientific evidence for its efficacy.



SLIDE 2

## Hypothesis

Spa therapy, plus home exercise and usual medical treatment provides benefit over exercise and usual treatment, in the management of knee OA.



SLIDE 3

## Objective

- To determine whether spa therapy (+home exercise and usual medical treatment) for knee OA provides any benefit over exercise and usual treatment alone.

SLIDE 4

## Patients and Methods

- **Setting:** 3 largest spa therapy resorts in France June 2006-April 2007
- **Inclusion criteria:** knee OA according to the American College Rheumatology criteria (painful knee OA x-ray and VAS pain  $\geq 30$ mm +age $\geq 50$  and/or stiffness and/or crepitation)
- **Exclusion criteria:** OA limited PF joint; severe depression; a contraindication and others.



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