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# Indications and Contribution of Balneotherapy to Joint Function in Osteoarthritis Management in Burkina Faso: A Prospective Longitudinal Analytical Study

**Topic:** Health Conditions (Nervous System, Musculoskeletal System, Cardiopulmonary System)

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## BACKGROUND

Balneotherapy is little known in healthcare settings in sub-Saharan Africa. This study aimed to determine its indications and contribution to osteoarthritis management.

## METHODS

This multicenter, prospective longitudinal analytical study was conducted from 1 June to 31 July 2024. All consenting patients receiving balneotherapy sessions were included. Joint function was assessed using pain and joint-function scales before and after the sessions. The paired Student's t-test was used to compare means. A p-value below 0.05 was considered significant.

## RESULTS

Forty-six patients were included. The mean age was 50.9 ± 10 years, with a sex ratio of 0.58 (17 men and 29 women). Lumbar osteoarthritis was the main indication for balneotherapy, accounting for 29 cases (63%). Significant improvements were observed in pain ($p = 0.000$) and joint function in patients with lumbar osteoarthritis ($p = 0.000$), knee osteoarthritis ($p = 0.002$), cervical osteoarthritis ($p = 0.01$) and shoulder osteoarthritis ($p = 0.04$).

## CONCLUSION

Spinal osteoarthritis is the main indication for balneotherapy. It improves pain and joint function in patients with osteoarthritis.

**Statement of Disclosures**

None

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