

## **Sovata rheumatological treatment**

About 80% of people above 55 years old show typical signs of arthritis when X-rayed, and 60% of these also feel “pain”. The main causes of the increased number of people suffering from arthritis are sedentary lifestyle, obesity, and hyperacid diets (too many animal proteins and fats, and refined sugars). Complications resulting from arthritis are depression, dependency, social isolation, increased risk of fractures, chronic fatigue caused by less movement, and a **decreased quality of life**.

### **I. Therapy**

**Sovata rheumatological treatment is particularly useful in alleviating arthritis, post-traumatic rehabilitation and Bechterew’s disease**, which requires adequate thermotherapy and hydrokinetotherapy. **Salt water and sapropelic mud, taken from Ursu Lake**, offer great benefits in healing these diseases; the positive effects last about three–six months after the Sovata treatment.

#### **Indications:**

- Osteoarthritis (hip, knee, etc), spondylarthrosis
- Inflammatory rheumatism- ankylosing spondylitis (Bechterew’s disease),  
rheumatoid arthritis, gout, psoriatic arthritis
- tenosynovitis, epicondylitis, peri-arthritis of the shoulder, fibromyalgia
- postural deformities of the spine: scoliosis, kyphosis, lumbar hyperlordosis
- prevention of osteoporosis
- post-traumatic disorders (after sprains, fractures, muscular tears)
- rehabilitation after surgery (disc herniation, arthroplasties – ex. hip replacement)

**Specific contra-indications:** acute phase of same diseases mentioned above

**Content:** medical consultation, mud-pack treatment, medical massage, hydrotherapy, electrotherapy, individual kineto-/hydrokinetotherapy.

## **II. Prevention**

**Arthritis is not an inevitable consequence of aging. We are able to avoid arthritis.**

**Indications:** sedentary lifestyle; working in cold, wet atmospheres; tense muscles or joints, stiffness, disorders of peripheral circulation; repeated painful blockage of joints; postural deformities of the spine caused by prolonged inadequate postures of the body (for example, prolonged sitting at computer, prolonged driving).

## Musculoskeletal disorders with elective indication for Sovata treatment

1. Rheumatic disorders with **STIFFNESS** of muscles and joints  
(rigid tissues)

- **Bechterew's disease (Spondylitis anchilopoetica)**
- **Shoulder pain**
- **Severe arthritis**

**benefit from:**

**THERMOTHERAPY** with:

**Sapropelic mud (warmed up)**  
**Salt water (150g/l, warmed up)**

2. Diseases associated with **DIFFICULTY OF MOVEMENT**  
(caused by pain, muscular weakness,  
unco-ordination, balance disorders)

- **Post-traumatic disorders (after fractures, sprains, etc)**
- **After surgery (ex. arthroplastie - hip replacement)**
- **Severe arthritis**
- **Neurological disorders (paresis)**

**benefit from:**

**HYDROKINETOTHERAPY**

("unloading" the joints) in:

**Salt-water pool**

**The advantages of sapropelic mud and salt water**

from Ursu Lake  
for treating musculoskeletal disorders

**Decreasing stiffness**

**Warmed-up sapropelic mud**

ensures  
**longlasting “softening” of tissues**  
(tendons, ligaments, muscles, etc)

**Highly concentrated salt water**

ensures  
**rapid and effective re-absorption of stasis fluids from tissues**

Mud and salt water, due to high temperature, increased NaCl content and organic substances, cause **vessel dilatation**,  
**remove toxic stasis products**,  
**increase local trophicity**



**well-prepared tissues for kinetotherapy**  
 (“cleaned”, elastic, efficient circulation and good trophicity)

**Improved movement**

**KINETOTHERAPY IN WARM SALT WATER rapidly increases:**

**FLEXIBILITY**  
**MUSCULAR STRENGTH**  
**CO-ORDINATION**

**Positive psychological effect – the patient “sees himself” able to move without pain**