



# The Patients' Choice and Attitude Towards Aqua Therapy, Land Therapy and Hands-on Land Therapy in Patients with Rheumatologic Disease

Barış Gürpınar\*, Burcu Aplaç Arın\*\*, Nursen İlçin\*

\*Dokuz Eylül University School of Physical Therapy and Rehabilitation, İzmir, Türkiye

\*\*Balçova Termal Treatment Centre, İzmir, Türkiye



## Introduction

Rheumatologic disorders require lifelong physical therapy treatment therefore patients' choice on the treatment that they is an important aspect for the attendance and dedication to the treatment and behavioral modification. Even though aquatic therapy is assumed to be fun, enjoyable and effective treatment method very little is known about the rheumatologic patients' choice and attitude towards different treatment modalities

## Methods

A simple 11 questioned self-administered questionnaire was formed to understand patient's profile and choice and attitude towards different treatment methods. The questionnaire was handed out at the last treatment day of combined spa and exercise therapy lasted for 4 weeks. Each patient was received 30 min of hands-on land therapy , land group therapy and aquatic group therapy from different physiotherapists. Exercises in both land and pool group treatments were on spinal mobility, gross muscle strengthening, stretching and relaxation. Temperature of the exercise pool was between 36-38 0C and the depth was between 130-140cm.

Name Surname: \_\_\_\_\_  
Gender : F ( ) M ( ) Age: \_\_\_\_\_ Diagnosis: \_\_\_\_\_  
Year of diagnosis: \_\_\_\_\_

1) Pain severity:  
0 \_\_\_\_\_ 10

2) Morning stiffness  
0 \_\_\_\_\_ 10

3) How much do you think *INDIVIDUALIZED EXERCISE* is important for you?  
0 \_\_\_\_\_ 10

4) How much do you think *LAND GROUP EXERCISE* is important for you?  
0 \_\_\_\_\_ 10

5) How much do you think *POOL GROUP EXERCISE* is important for you?  
0 \_\_\_\_\_ 10

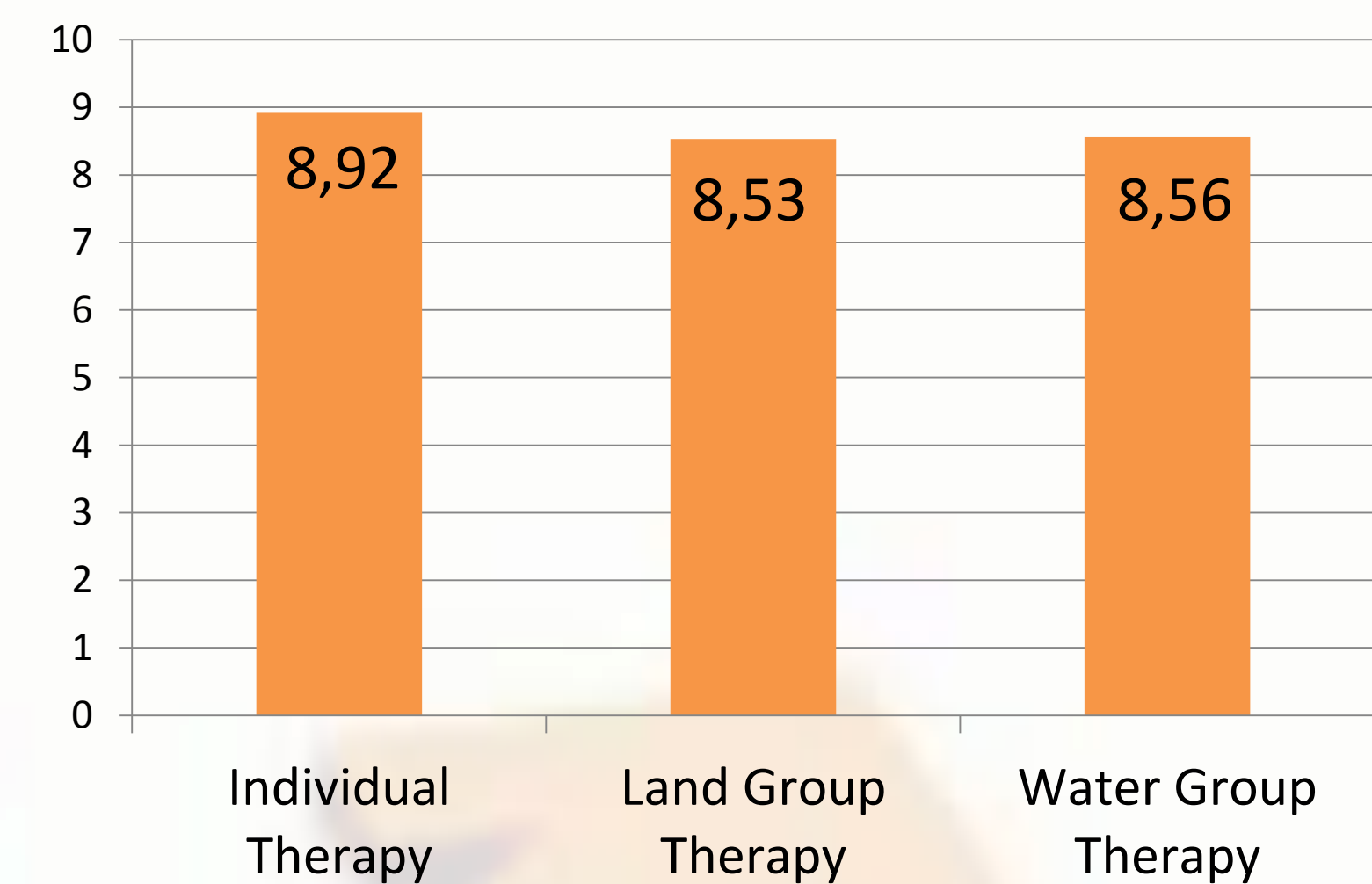
6) Which one did you enjoy most?  
 Individualized Exercise  Land Group Exercise  Pool Group Exercise

7) Which one would you pick if you had one treatment method option?  
 Individualized Exercise  Land Group Exercise  Pool Group Exercise

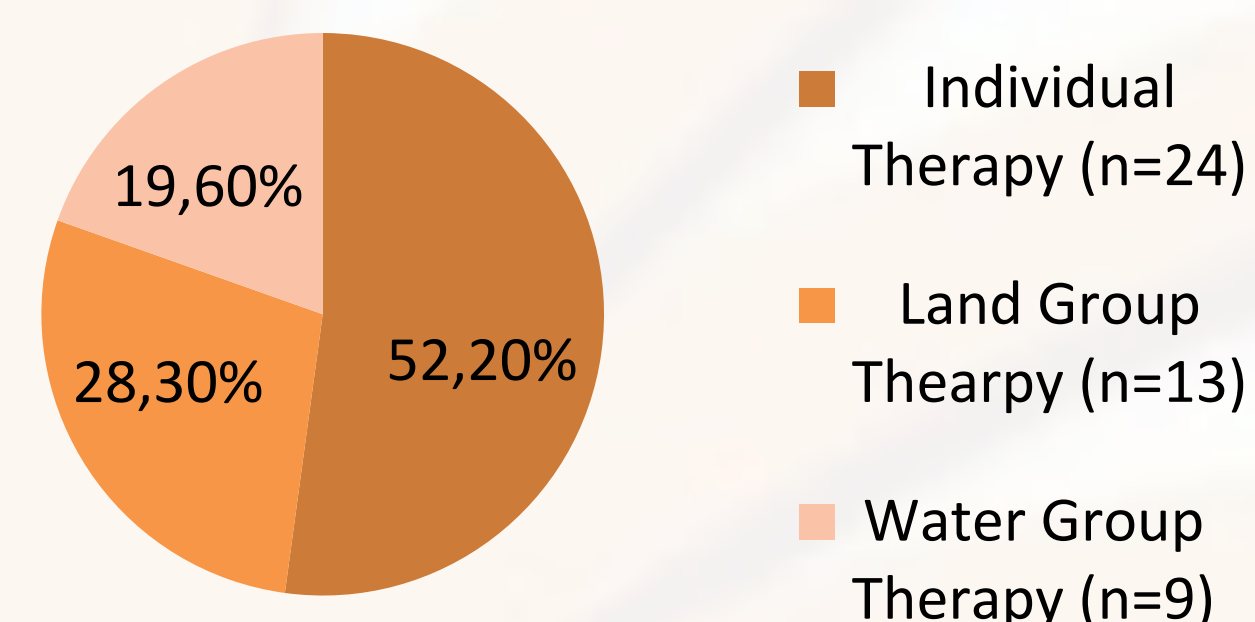
## Results

- 48 subjects; female (n=29), male (n=17)
- Mean age of 52,63 ( $\pm 7,88$ ) years
- Mean span of diagnose 18,04 ( $\pm 10,61$ ) years
- 47,8% rheumatoid arthritis (n=22) and 52,2 % spondyloarthritis (n=24)
- Mean pain VAS: 2,23 ( $\pm 1,92$ )
- Morning stiffness VAS : 2,01 ( $\pm 2,05$ )

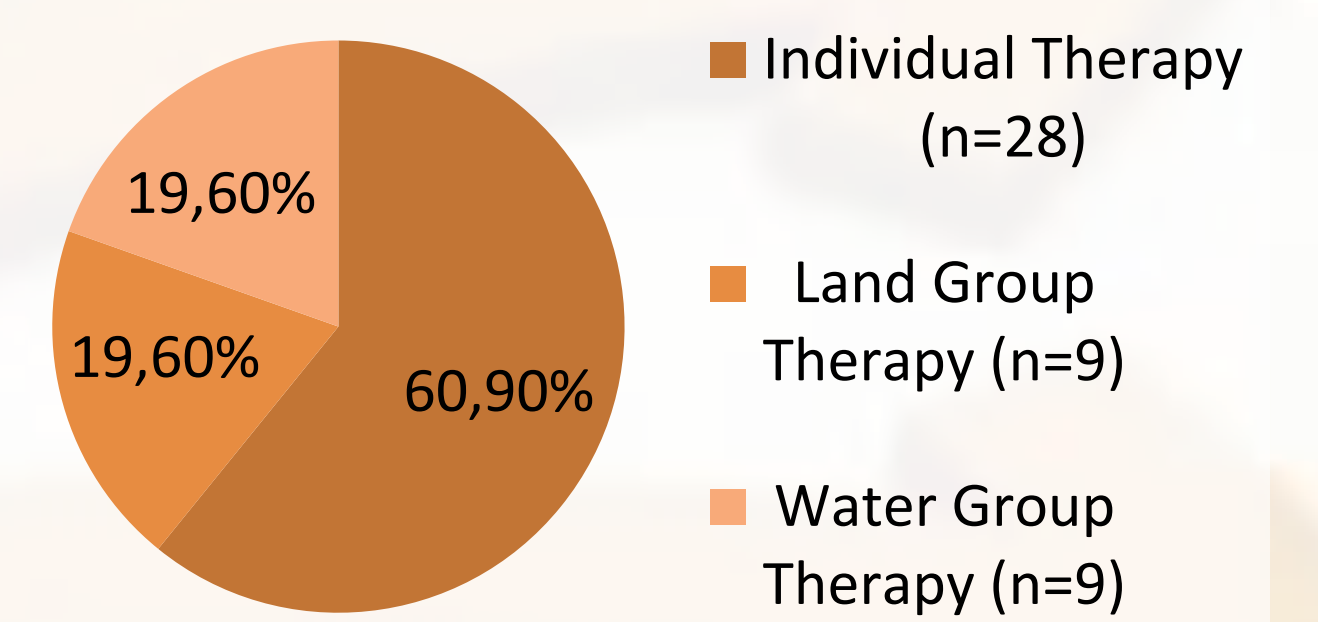
### Importance



### Enjoyable



### Choosing again



## Conclusions

Patients with rheumatologic diseases get reasonably benefit from combined spa and exercise therapy. Even though patients report that aqua therapy is important for them it does not necessarily mean that they would choose aqua therapy for the only treatment modality. Patients preferred tailored exercise program rather than a group exercise. It is logical to say that aqua therapy is beneficial for people with joint pain and stiffness however to make aqua therapy as a patient choice individual aquatic exercises should be offered and used as a treatment method.



e-mail: eski-baris@hotmail.com