

Cures thermales et arthrose: L'avis de l'universitaire



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Définition d'une cure thermale

- ❑ Immersion en bains contenant de l'eau thermale ou minérale provenant de sources naturelles
- ❑ ET/OU avec application de boue ou d'autres peloides naturels.
- ❑ Dans le cadre des programmes administrés par cycles et de manière séquentielle.
- ❑ ET/OU avec programmes de kinésithérapie et rééducation

Mécanismes d'action supposés

□ Stimulation thermique:

- Vasodilatation locale et généralisée : augmentation de l'élimination des cytokines et des toxines impliquées dans les processus pathologiques.
- Augmentation du tonus musculaire
- Augmentation du seuil de douleur
- Stimulation la libération d'hormones hypophysaires et d'endorphines

□ Composition du sel minéral des bains

□ Propriétés physico-chimiques des boues appliqués aux régions du corps



Cochrane
Library

Cochrane Database of Systematic Reviews

Balneotherapy for osteoarthritis (Review)

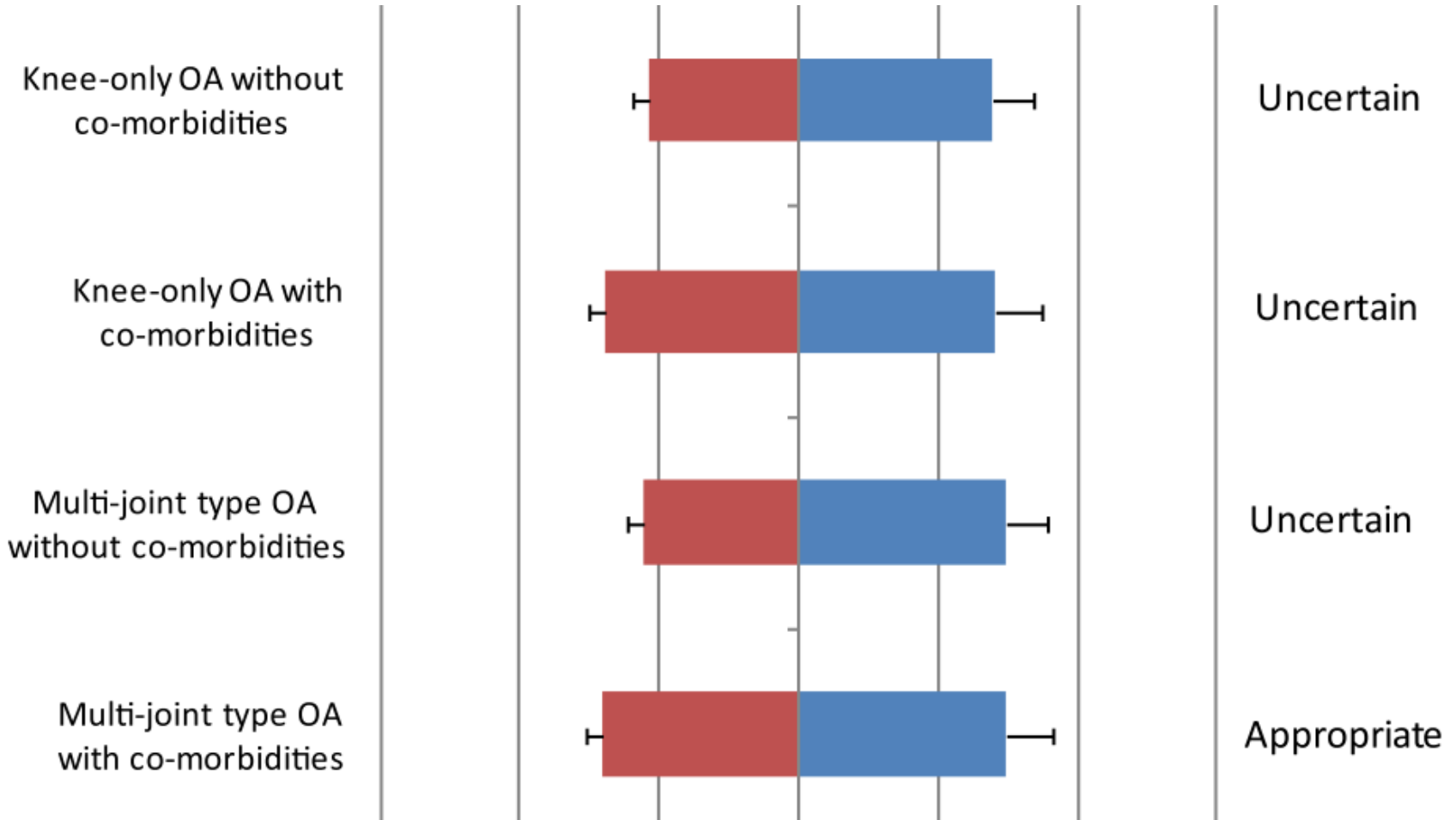
Verhagen AP, Bierma-Zeinstra SMA, Boers M, Cardoso JR, Lambeck J, de Bie R, de Vet HCW

2010

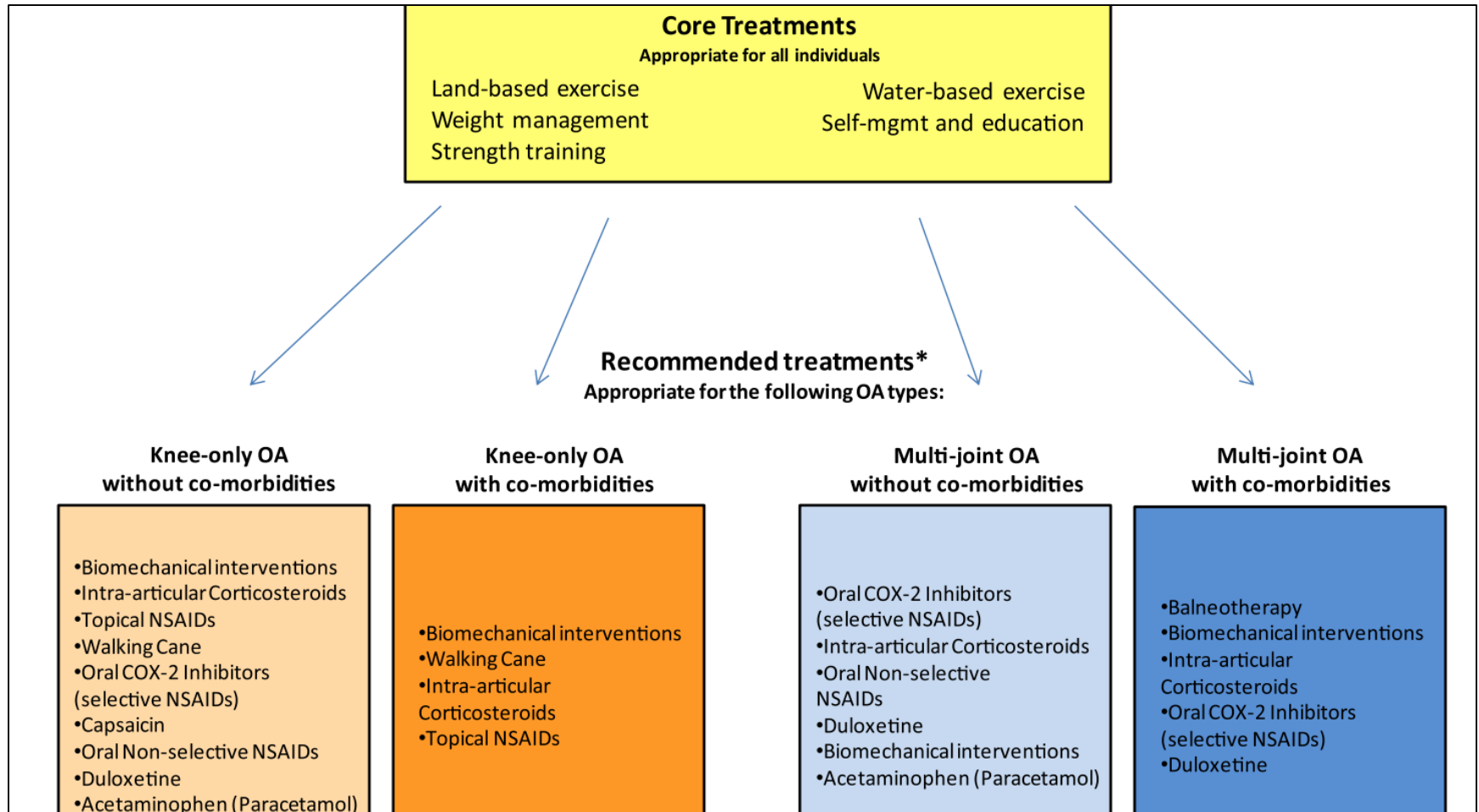
COCHRANE - 2010

- ❑ *“Silver level” evidence mineral baths compared to no treatment.*
- ❑ *Of all other balneological treatments no clear effects were found.*
- ❑ *the scientific evidence is weak because of the poor methodological quality and the absence of an adequate statistical analysis and data presentation.*
- ❑ *Therefore, the noted “positive findings” should be viewed with caution.*

Balneotherapy OARSI 2014



Recommandations de l'OARSI



Rheumatology International (2018) 38:1807–1824
<https://doi.org/10.1007/s00296-018-4081-6>

Rheumatology
INTERNATIONAL

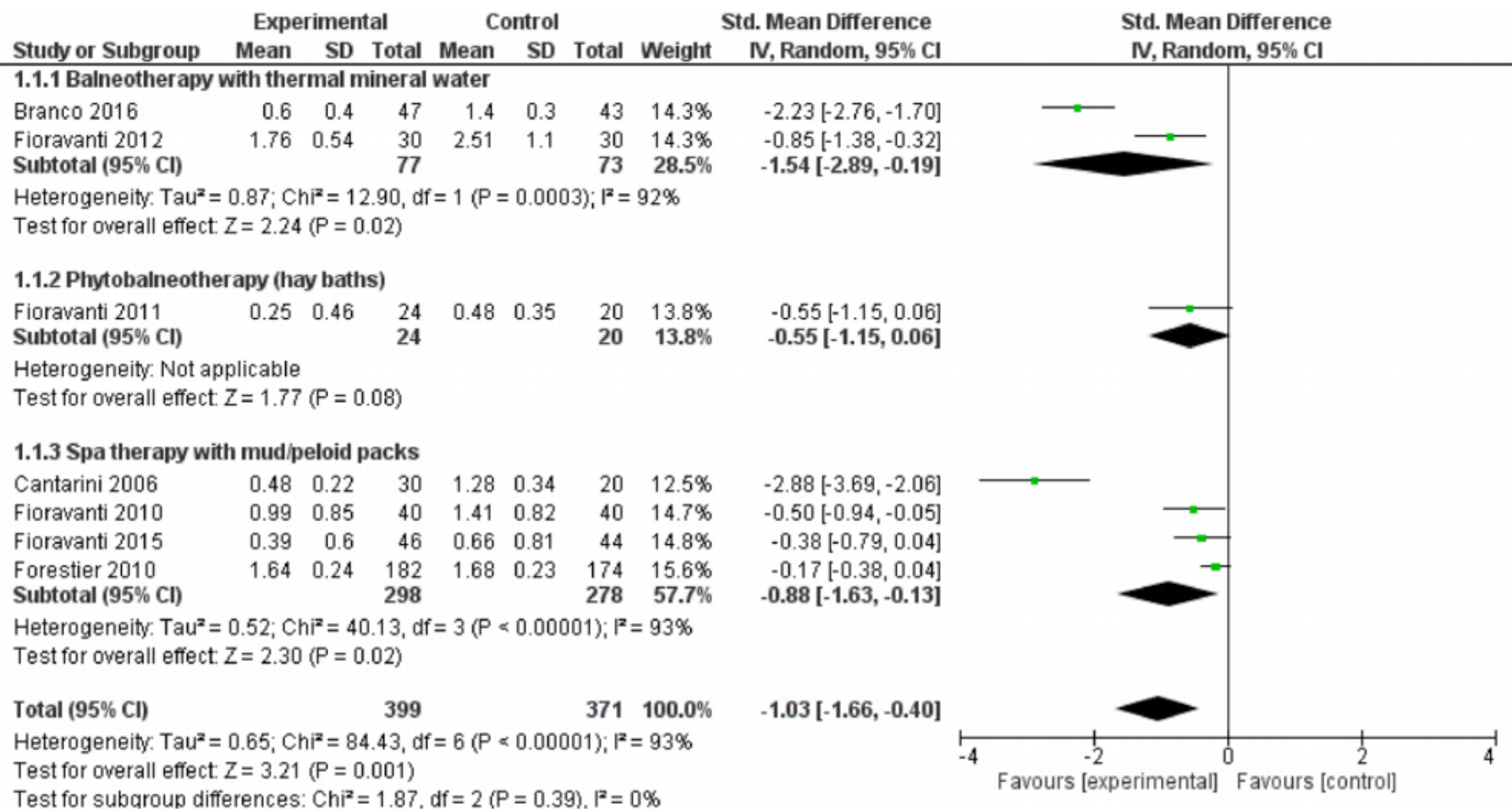
SYSTEMATIC REVIEW



Effects of balneotherapy and spa therapy on quality of life of patients with knee osteoarthritis: a systematic review and meta-analysis

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META-ANALYSE CURES THERMALES ET QUALITE DE VIE



OARSI 2014

Rationale:

Balneotherapy (defined as the use of baths containing thermal mineral waters) includes practices such as Dead Sea salt or mineral baths, sulfur baths, and radon-carbon dioxide baths. Two 2009 SRs and a 2009 RCT demonstrated benefit of balneotherapy for pain when compared with controls, but the methodologic quality of trials was poor and both reviews concluded that additional large and well-designed RCTs are needed⁶⁻⁸. No significant safety concerns were found to be associated with balneotherapy, though reporting of adverse events was patchy among included trials^{7,9}. In the voting, balneotherapy was considered appropriate only for the sub-phenotype with multiple-joint OA and co-morbidities, due to paucity of treatment alternatives for that group.

BIAIS DANS LES ETUDES

Table 3 Risk of bias of included studies

First author (date)	Selection bias		Performance bias	Detection bias	Attrition bias	Reporting bias	Other bias	Overall risk of bias
	Random sequence generation	Allocation concealment						
Antúñez et al. [22]	L	L	H	U	L	L	L	U
Branco et al. [28]	U	L	L	U	L	L	L	H
Cantarini et al. [27]	U	L	H	U	L	U	L	H
Evcik et al. [32]	H	H	L	U	L	U	L	H
Fioravanti et al. [25]	L	U	H	L	L	L	L	U
Fioravanti et al. [21]	L	L	H	L	L	L	L	L
Fioravanti et al. [20]	L	L	H	L	L	L	L	L
Fioravanti et al. [26]	L	L	H	L	L	U	L	U
Forestier et al. [23]	L	L	H	U	U	L	L	H
Gungen et al. [33]	L	U	L	U	L	L	L	H
Kulisch et al. [29]	L	L	L	U	L	U	L	U
Nguyen et al. [24]	L	U	H	U	L	H	L	H
Özkuk et al. [36]	L	L	L	U	L	L	L	U
Sarsan et al. [34]	L	U	L	U	L	U	L	H
Sherman et al. [30]	L	L	L	L	L	H	L	H
Tefner et al. [35]	L	L	L	U	L	L	L	U
Yurtkuran et al. [31]	L	U	L	U	L	L	L	H

Table 3 describes results of risk of bias assessment of all included studies, listed according to the first author's surname

H high risk of bias, *L* low risk of bias, *U* unclear risk of bias

EFFETS INDESIRABLES

Peu fréquents et bénins (dont la responsabilité directe de la cure par elle-même n'est pas toujours établie) :

- ❑ Asthénie
- ❑ accentuation douloureuse transitoire sont fréquents.
- ❑ Les réactions cutanées
- ❑ Majorations momentanées d'insuffisance veineuse
- ❑ Infections opportunistes (legionelles) en cure thermale ou dans des centres de balnéothérapie.
- ❑ Incidents cardiovasculaires

BALANCE BENEFICE - RISQUE

- Très bonne en l'absence de comorbidités instables ou d'immunodépression
- D'un point de vue purement médical, traitement à recommander surtout en cas d'arthrose généralisée
- Cette suggestion ne tient pas compte d'éventuelles évaluations médicoéconomiques (en dehors de mon champ de compétence)