The aim of the lecture is to overview the single and double blind studies related to musculoskeletal diseases. We systematically searched articles in the Pubmed, Scopus, Web of science and PEDro databases published by blinding method, a total of 28 studies (10 double blind and 18 single blind) were identified. The randomised single or double blind studies clearly present the highest evidence, to avoid the publication bias. In balneotherapy, due to technical challenges sometimes it is really difficult to accomplish the blinding methods.

**Keywords:** Balneotherapy, Blind studies