11-4 Osteoarthritis and Peat Mud Pack Therapy

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Objectives: To conduct a pilot study assessing the impact of a peat mud pack therapy (PMPT) protocol on patients with osteoarthritis (OA) of the knee.

Design: Quasi-experimental, repeated measures design

Patients: Ten participants with previously diagnosed bilateral OA of the knees.

Methods: Participants will receive PMPT twice a week for six weeks. Single-use peat mud packs heated to 42°C will be placed on the knees of seated participants for 20 minutes. Blood biomarkers will be collected at the beginning and end of the first, the sixth and the last treatment visits. Serum biomarkers TNF-a and hsCRP will assess changes in inflammation, and IGF-1 will be measured to assess potential chondroprotective effects. Questionnaires will be given at the screening visit, and the first, third, sixth, and last treatment visits to assess subjective levels of pain, stiffness, and mobility throughout the study.

Significance: The majority of balneotherapy studies involve a 10–14 day course of daily spa therapy. Practical limitations (e.g. participants’ busy daily schedules, a lack of affordable access, insurance coverage to safe and effective spa therapies) in America make this type of approach infeasible. The current study is designed to reflect a more limited but realistic spa therapy schedule, given American cultural norms. Results will help researchers assess compliance to the proposed therapy regimen, and may improve understanding of the therapeutic activity of peat mud.

Keywords: Peloid, Mud, Arthritis, Peat