

HOSPITAL CLINIC PRAGUE 6 - ŘEPI  
ŽUFANOVA 1113, PRAGUE, CZECH REPUBLIC  
**REHABILITATION AND PAIN TREATMENT DEPARTMENT**

Our department of the clinic specializes in rehabilitation and pain treatments. In the past few years we've tested effects of extracts from the Balneological Peats manufactured by a unique method by firm Laboratories of Balneology under trade name of TORF MOOR MUD EXTRACT BATH. Mentioned extracts were applied in form of baths and in form of local compress wraps.

**The extracts were applied for following indications:**

1. Acute pains of spine (neck, upper torso and lower back segments)
2. Chronic ailments of small joints (rheumatic and degenerative)
3. Osteoporosis of major joints {gonarthrosis, coxarthrosis}
4. Post trauma of knee joints
5. Posttraumatic algodystrophic syndrome

In all we treated 127 patients ages of 14 thru 70 years. The largest group fell into indication category #1. Baths were applied in temperatures of 35-40C, compress wraps in temperatures of 37-45C, in indication #4 temperatures were 14-18C. For bath application 100 ml of extract per bath was used, in compress wraps concentrations of 1:1 to 1:5 (extract to water ration) were used depending on skin sensitivity. Application times were 10 to 30 minutes. Heating of compress wraps was achieved by preheating of wrapping bandage soaked in the concentrate and using an insulating layer on the top.

**Results:** Applications have shown improvements for all indications (as with applications of peloid packs in medicinal spa environment). Depending on indication, approximate evaluation of the improvements is: 1) v 70%, u 2) u 50%, u 3) 50%, u 4) 40% a u 5) 30% with application temperatures of 32 C.

Work with extract has proved to be very easy. Bathtub required only a simple rinse. Preparation of compress wrap was also simple. After wrap application, skin was wiped with a moist towel and on occasion, a body lotion was used. Intensive contact of the extract with the skin also showed improvement in skin tone.

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