

## **INTEGRATED THERMAL MEDICINE: A NEW THERAPEUTIC APPROACH IN DISABILITIES**

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**BACKGROUND** In literature, the link between the somatic and the visceral structure and the funding mechanisms of each other influence, is known. Analysing literature, the possibility to exploit Thermal Medicine in Rehabilitation was identified .

**AIM** of this research was to verify the respiratory, gait, balance and quality of life effects of an integrated approach in thermal environment in disability.

**METHODS** in the chair of Physical Medicine and Rehabilitation of the "G. d'Annunzio" University of Chieti in collaboration with Thermal Medicine Centre of Castelnuovo della Daunia, 63 subjects with respiratory and motor disability have been subjected to a visceral and somatic stimulation. Exploiting alkaline-bicarbonate earthy water , the therapeutic protocol was composed by hydroponic treatment, hydrokinesitherapy, cardiorespiratory and neuromuscular manual approach associated with mud therapy. Subjects was evaluated, with physiatrist and physiotherapeutic assessment, Tinetti Scale , VAS , EuroQuol scale (EQ-5D-5L) , Functional Independence Measurement scale (FIM) and spirometry.

**RESULTS** demonstrated that the protocol could improve self-correcting Body System Reflexes Responses, infact, Tinetti Scale improved of 21%, VAS of 28,73%, EQ-5D-5L of 26,48%, FIM of 5,52%. Every parameter of Spirometry improved (FVC 6,36%, FEV1 6,81%, PEF 13,03%) [P<0,05].