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**CENTRE OF EXCELLENCE
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AND REHABILITATION**



THERAPEUTIC MUD MIXTURE AND A METHOD FOR ITS MANUFACTURE

The Centre of Excellence of Health Promotion and Rehabilitation at Tallinn University Haapsalu College has developed a therapeutic mud mixture and a method for its manufacture (patent application number P201500002, letters patent number EE 05778 B1). The invention comprises a therapeutic mud mixture, which contains by weight 10-90% of balneological mud and by weight 10-90% of balneological peat, with both components ground to particle size of 5-10 μ m. Letters patent EE 05778 B1 describe the curative effects of therapeutic mud mixtures with different content of balneological mud and balneological peat. The design also includes a method for the manufacture of the therapeutic mud mixture.

USES FOR THE THERAPEUTIC MUD MIXTURE

The mixture of curative mud and peat is intended for use mainly in preventative treatment of repetitive strain injuries of the musculoskeletal system. Musculoskeletal complaints are significant causes of reduced working capacity. Arm, leg, back and neck problems and other musculoskeletal complaints often last for a very long time and significantly restrict a person's performance ability. In most countries, these disorders cause serious problems and increasing attention is paid to preventing and treating them. Treatment, including preventative treatment of such illnesses, plays a significant part in ensuring and improving the health of the work force (letters patent no EE 05778 B1).

INSTRUCTIONS FOR USING THE THERAPEUTIC MUD MIXTURE AT HOME

1. Place a plastic bag with the curative mud and peat mixture into warm water and heat to 42°C.
2. Then apply the curative mud and peat mixture onto the area to be treated and place a film over the mixture-covered area, so that it would stay moist and warm during the treatment. Let the mixture take effect for 15-20 minutes. The procedure can be repeated up to 10 times with the frequency of every other day or every day, unless the doctor has recommended otherwise.
3. At the end of the procedure wash the mixture of curative mud and peat off under running water. Do not use soap or rub the skin – this way particles of the mixture stay on the skin and their effect on the skin is prolonged.

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IMPORTANT! The therapeutic mud mixture must not be used in case of malignant tumours, haematopoietic diseases, untreated infectious diseases or other acute illnesses such as significant circulatory inefficiencies and high blood pressure. Also, caution should be taken in case of any skin sensitivity.

USING THE THERAPEUTIC MUD MIXTURE FOR MUD MASSAGE

The mixture of curative mud and peat is heated to 42°C and then an even layer of it is applied to the back. 350-400g of the mixture is sufficient for covering the whole back.

The back is covered with heat wraps that have also been heated to 42°C. The wraps ensure an even temperature of the mud and peat mixture throughout the whole procedure. The mixture is allowed to take effect for approximately 25-30 minutes.

Massage starts with the head, arms and legs. Then the back is freed from the heat wraps. The back massage begins with vacuum massage, followed by classical manual massage, which incorporates stretching the spine and shoulders. The back massage lasts for 20-25 minutes, after which the back is cleaned of the mixture with gloves and vacuum cups.

The procedure allows for the maximum combination of the effects of curative mud treatment and classical massage. The advantages include the small amount of curative mud and peat mixture (350-400 grams) needed for the procedure, which makes it possible for the method to be used in all institutions that offer massage. The method ensures maximum relaxation of the back muscles during the massage and is well-suited for preventing and relieving neck, shoulder and back problems caused by overload and sustained working positions.

Curative mud massage: <http://terekk.ee/en/portfolio/curative-mud-product-development/>

EFFECTS OF THERMONEUTRAL MUD MIXTURES ON THE SKIN

The results of the study “The Effects of Thermoneutral Mud and Peat Mixtures on the Functional Status of the Skin of Adults”, conducted by the Centre of Excellence in Health Promotion and Rehabilitation in 2016-2017, showed that following a 10-day procedure of applying thermoneutral curative mud and peat mixture to the arm, approximately 60% of the test subjects showed a statistically significant improvement in skin moisture content in the treated area, compared to the untreated area. According to subjective assessment of the respondents, the skin of 17% of the participants became softer.