

Foundation for History of Physiotherapy

Physiotherapy in perspective, 50 years past - present.

Kneippse begieting

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The image of the physiotherapist was already very big in the 1980s. The physiotherapist's skills were blindly relied upon. The physiotherapist at the time assumed that 'his therapy' worked; In the past, training was conducted in a master journeyman relationship and the book "Hydro und Balneotherapie van Otto Gillert" was part of the compulsory teaching material.

The 1990s caused an acceleration/ or rather a shift in the development of the profession due to the emergence of evidence-based action (EBP). The risks of this acceleration were that physiotherapists would throw the baby out with the bathwater. We would like to look back at what ended up in that bath water like the "Kneippse begieting" van Sebastian Kneipp. Right or wrong?



Sebastian Knipp

The "Kneipsse watering" as part of hydrotherapy disappeared with the silent drum from the training curriculum in the 1980s and later (possibly as a result of this) also from the 1st and 3rd line institutions.

At the watering 2

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was briefly given a stimulus by a cold jet of water and many

effects (founded or unfounded) attributed to this simple method of treatment in physiotherapy.



Kneipp watering for elbow arthritis

However, the therapy method (indication statement and the explanatory model) no longer matched the EBP that was on the rise and so the authority-based inclusion of treatments made way for exclusion based on a lack of scientific evidence.

There was no such evidence for the Kneipp infusion and that was the end of the method as part of physiotherapy.

Yet the Kneipp infusion does not disappear completely because there is not a spa or wellness center where this treatment has not made its revival.

as a means of prevention, however, as a therapeutic means for vascular disorders, arthritis, etc. for which it was intended, it disappeared in the Netherlands.

In Zeeland you can still get the treatment undergo in a spa.

See YouTube:

<https://www.youtube.com/watch?v=C54dJ5Y5HCw>



Kneipp watering in Spa de Schouw

The scientific literature remains silent about this treatment method until 2007.

From then on, effect studies into the effects of the Kneipp irrigations will be published every year

such as in osteoarthritis of the knee and hip.

The first results seem favourable, however, as is often the case, much more research needs to be done into why and for which diagnoses this method could work.¹⁻⁴ However, the "Kneipp watering" has been in the bathwater in the Netherlands for a long time and then research difficult and no longer credible within the physiotherapy department here. We are therefore dependent on studies from abroad where this method has not been forgotten everywhere.

The question is what can we learn from this example? We actually throw something away without testing what the actual effect is? Who benefits from that?

References

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