

## Studies Leech Therapy for Treatment of Knee Osteoarthritis



### Germany:

1. Department of Internal and Integrative Medicine, Kliniken Essen-Mitte, Germany.  
**16 inpatients**; 10 patients were treated with single trial of 4 leeches and 6 served as controls.
2. Kliniken Essen-Mitte, Academic Teaching Hospital of the University of Duisburg-Essen, Karl and Veronica Carstens Foundation, and Institute for Medical Informatics, Biometry and Epidemiology, University of Duisburg-Essen, Essen, Germany.  
**51 patients** with osteoarthritis of the knee:  
Leech therapy: 24 patients – a single treatment with **4 to 6 locally applied leeches**  
Control group: 27 patients - 28-day topical diclofenac regimen (anti-inflammatory gel)
3. Department of Internal and Integrative Medicine, Kliniken Essen-Mitte, Faculty of Medicine, University of Duisburg-Essen, Essen, Germany.  
**237 patients** with osteoarthritis.

### China:

4. a- The Department of External Bone and the Department of RICU of QiLu Hospital of ShanDong University, Shandong, 250012, China.  
b-Department of Nursing of the Fourth People's Hospital of Jinan City, Shandong, 250031, China  
**264 patients** with osteoarthritis

### Russia:

**D.J. Karimova** — State Research Center — Burnazyan Federal Medical Biophysical Center of Federal Medical Biological Agency, Institute of Postgraduate Professional Education, Professor, Doctor of Medical Science;

**R.G. Mukhina** — City Clinical Hospital No. 7, Head of the Kazan City Rheumatological Center;

**A.R. Abashev** — KSMA — branch of the Russian Medical Academy of Continuous Professional Education, Department of Neurology and Manual Therapy, University Clinic «Kazan», Chief Doctor, Assistant Professor, Candidate of Medical Science;

**G.M. Karimova** — KSMA — branch of the Russian Medical Academy of Continuous Professional Education, Department of Neurology, Acupuncture and Osteopathy, Head of the Reflexotherapy Service in University Clinic «Kazan», Assistant Professor, Candidate of Medical Science.

**81 patients** with osteoarthritis treated with hirudotherapy (leech therapy) and 36 patients as control group with topical cream.