

# EXPERIENCIES OF THE PEAT SAUNA FOR ATHLETES

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# INTRODUCTION

- PREVENTING INJURIES IN SPORTS (SOCCER) IS IMPORTANT
- IN THE RESEARCH WITH MENOPAUSAL WOMEN IN PEAT SAUNA IN 2008-2009 WE FOUND AFTER 6 REPEATED THERAPY SAUNA THE EFFECT ON PAIN RELIEF AND MOOD.
- IN THIS METHOD WHOLE TEAM CAN PARTICIPATE AT SAME TIME

# METHODS AND MATERIALS

- THE STUDY WAS PERFORMED II-X/2011
- 18 PLAYERS (MEN)
- PLAYERS VISITED 8 TIMES WITH INTERVALS 17-66 DAYS PEAT SAUNA IN AINO CLINICS IN VALKEAKOSKI, FINLAND
- WHOLE BODY MASK WITH THERAPEUTIC PEAT
- MAX 20 MIN IN SAUNA 50°-60° C TEMPERATURE, OVER 55% HUMIDITY

# MONITORING INJURIES

- NUMBER OF INJURIES DURING THE SEASON (COUNT)
- TOTAL NUMBER OF DAYS OF ABSENCE FROM GAME (SUM) (WHOLE TEAM)
- TOTAL NUMBER OF DAYS OF ABSENCE FROM PRACTICAL SESSIONS (SUM) (WHOLE TEAM)
- THE RELATIONSHIP OF INJURY/DAYS OF ABSENCE (PLAYER) FROM GAMES AND PRACTICAL SESSIONS (MEAN AND MAXIMUM)















The therapeutic Peat from  
Lehtosalon suo –mire/ Ähtäri,  
Finland

The quality of the Peat studied by  
Geological Survey of Finland

*Sphagnum carex - peat with  
remains of Equisetum, Phragmites,  
Lignidi and Neolignidi*

# Characteristic of Peat

- Humification H8
- pH 5,7
- Water content 88% (wet weight)
- Ash content 6,7% (dry weight)
- Sulphur content 0,21 % (dry weight)
- Humic acids 28% (dry weight)
- Fulvic acids 10 % (dry weight)
- Pectin 0,3% (dry weight)
- Cellulose 8,5% (dry weight)
- Hemicellulose 12% (dry weight)
- Humins 41% (dry weight)

- None noticeable amounts of heavy metals
- Some amounts of good heavy trace elements
- The heat retention capacity were very good

# Monitoring the injuries

- Physiotherapist of the team monitored the injuries
- Counted the days of absence
- Interviewed the players

# Experiences of the athletes - interview

- Relaxing
- Relaxation and good feelings
- Tiredness, loss of energy, too much relaxing
- Relaxing, smearing the peat slows done after game
- Interessant, a good social event, minimising feelings of stress
- Recovering, a good social event



# Experiences of the athletes - interview

- Very positive, feelings of stress and agitation slows down after game, relaxation
- Relaxing, good for the spirit of the team, in whole positive and recovering
- Excellent event, Peat relaxes legs and muscles, usefull for body and mind. I dont know about the recovering effect

# Experiences of the athletes - interview

- Nice social event, relaxing
- No efficacy from the Peat Sauna, a good social event
- Very tired after Peat Sauna. Usually I cant sleep after game but with Peat Sauna I sleep well.
- In whole recovering experience, good food and fluid intake very important. After Peat Sauna feels good and relaxing whole day

# Experiences of athletes - interview

- I don't find anything useful from Peat but the whole event is recovering because the food is good and drinking is important
- Nice experience, relaxing feelings, good food
- No findings about recovering after Peat Sauna. In whole nice, good food and drinking are recovering

# Results

## FC HAKA season 2011

**Days of absence/injury**  
**Count of injuries**

Mean	Count	Minimum	Maximum	Sum	n
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Game	2,6	52,0	0,0	15,0	136,0	18
Practice session	11,0	52,0	0,0	60,0	574,0	*16

\* Two of the players had separate training programs due to injuries, thus they are not included here.

# Discussion

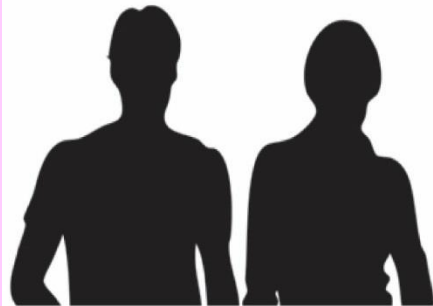
## Helsinki JK season 2008

<b>Days of absence/injury</b>	Mean	Count	Minimum	Maximum	Sum	n
Game	7,6	43,0	0,0	57,0	327,0	*16

\* Two of the team players did not have any injuries and were not included here.

Report UEFA Injury Study December 2008  
Hägglund, M & Ekstrand, J. 2008 Injury risk when  
playing football on football turf vs. grass. Report  
UEFA Injury Study - December 2008. Helsinki  
JK.

THANK YOU FOR YOUR ATTENTION



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