REHABILITATION

MASSAGES

Classic Massage

One of the most popular manual therapies. It is a combination of muscle and joint stretching. It favourably affects the condition of the skin and muscles, it reduces the symptoms of fatigue and stress. Depending on the performance technique it can have a calming or stimulating effect.

_Time 30 / 60 minutes_

_Price 95 / 150 PLN_

Therapeutic Massage

Therapeutic massage is recommended for: degenerative disorders, joint and muscle pains, stress, muscle weakness and circulation disorder. The main aim of this massage is to improve the condition of human body by stimulating and restoring its physical and mental way. It is perfect for rheumatic pains and migraine.

_Time 30 / 60 minutes_

_Price 95 / 150 PLN_

Relaxing Massage

A specialist massage considering selected body areas (back or all body). The relaxing massage stimulates the muscles, skin, circulatory system, as well as having excellent impact on the nervous system. It improves the work of the lymphatic system. It prevents the body from sending out negative reactions to stress. The aim of the relaxing massage is to relief the muscles, nervous and psychical tensions.

_Time 30 / 60 minutes_

_Price 95 / 150 PLN_
Cryotherapy

An amazing method of treatment using cold, with a wide range of effects. The so-called cryochamber is used during cryotherapy and the temperature inside the chamber can reach from –120 till -160°C and takes 2,5 minutes. The stay in the cryochamber increases oxygenation and nourishments of deeper layers of tissue. It strengthens the immune system. It improves the blood circulation and removes toxins from the body.

*Price 40 PLN (min. 5 people)*

Sauna

Dry sauna where the combination of the temperature and humidity is particularly beneficial to the body and skin. It is combine with a popular scrub, with essential lavender oils, that helps to smooth our skin, leaving it looking fresh and healthy. SPA scrub additionally softens the skin leaving it with a silky finish.

*Price 60 PLN (min. 5 people)*

Balneotherapy

Bath Simple and pure, immerse in a bath of thermal salts to calm the senses and help provide remineralizing benefits for the body. This bath will relax the muscles, deeply moisturize the skin and support skin regeneration.

**SALT BATHS** – 30 pln

It strengthens immunity, accelerates the removal of toxins from the body, relieves inflammation, causes relax, improves the condition of the skin and soothes the excessive sweating. The salt baths improve the range of motion and reduce stiffness of joints.

**PEAT BATHS** – 35 pln

*For ages peat baths have been used to cleanse the body of toxins. Extracts containing peat, humus, plant hormones, tannis number of calcium ions & magnesium interact with human body to deliver nutrients and anti-inflammatory elements improve the system, increase circulation, metabolism and regenerate skin tissues.*
Hydrotherapy

1. **HYDROMASSAGE WITH UNDERWATER MASSAGE 40PLN**

A water bath combined with an underwater massage using water jets. The bath helps loosen up the muscles. The underwater massage causes an increase in the blood supply and lymph flow by greater penetration of the water stream at a specific pressure.

2. **PEARLY BATH 40 PLN**

Bath in a bathtub with ordinary water (temp. 35-37 degrees C) connected with delicate massage of air bubbles. It relaxes muscles, causes tissue congestion and the dislocation of systemic fluids, increases venous blood supply to heart, improves metabolism and gives the feeling of loosening and relaxation.

3. **SCOTCH DOUCHE 25 PLN**

Begin at 38°C, hold 30 sec. and rapidly decrease to minimum temperature. Each treatment make the minimum temperature lower, beginning at around 18°C and hold 10 sec. The changing water temperature which produces a powerful and relaxing massage, eliminating fatigue and stress. It stabilise the autonomous nervous system and stimulates the circulation.

**KINESYThERAPY**

Kinesitherapy means treatment that takes advantage of different forms of movement. The main objective of this therapy is to restore painless movements of spine and limbs, body efficiency improvement, muscle resistance enhancement and controlled weight drop. Kinesitherapy also includes forming correct movement habits.

We offer:

- Individual active exercises  50 PLN
- Team active exercises  35 PLN
- Team active exercises in water  35 PLN
- Manual therapy conducted by therapist  70 PLN
Manual therapy conducted by doctor 100 PLN

Manual therapy – it is the manual restoration of appropriate mobility for blocked vertebrae, joints and nerves. Therapist also skillfully extends the contracted muscles, and, in the case of damaged disc, he improves the mobility of neighboring tissues manually in order to speed up disc healing. Therapist recommends performance of appropriate exercises and gives hints for correct body posture during day and night in order to sustain progress. Manual treatment for patients with severe osteoporosis, acute joint inflammation or significant degenerative joint changes is conducted with the doctor’s consent but in a delicate manner.

6. KINESIOTAPING 30 pln

It is so called plaster sticking. Therapist sticks a few elastic plasters on the patient’s body. They improve or relieve muscle work, increase punctual blood circulation or protect torn and overloaded ligaments.

Physiotherapy (each treatment 20 pln)

Iontophoresis – administering a given medicine through the skin in the form of water solution, gel or ointment by means of direct current. The application of this treatment facilitates medicine absorption in pathologically changed tissue (current causes increased skin capillarization and, thereby, absorption of medicine particles in tissues). For the treatment, there is usually used medicine that has analgesic, antiphlogistic, antirheumatic effects, which widen blood vessels and soften scar tissues.

Laser – precise tissue radiation with the laser light of biostimulating parameters. Taking advantage of the laser light of low intensity for, so called, laser biostimulation, we can provide tissues and cells with additional energy that facilitates the processes of natural regeneration and healing in an organism. Moreover, by means of changes in oxygen balance of cells and polarization of cell membranes, we can gain a significant analgesic effect. The use of scanner guarantees the equal provision of laser ray to the whole treated part of body. Laser is used in the treatment of backbone pain syndrome, joint regenerative diseases, chronic nerve inflammation, hard to heal wounds, post-operation scars, nerve root pains and neuralgias, muscle contraction.
ULTRASOUNDS TREATMENT: The tissue that is radiated by means of this type of waves undergoes micromassage whose effect is the increased temperature and accelerated microcirculation. The above tissue reactions have analgesic, relaxing and healing accelerating effects.

Magnetotron – (treatment with magnetic field of low frequency). The appropriate dose of magnetic field affects an organism by changing the polarization of cell membranes, improves oxygen absorption through tissues and speeds up regeneration processes. It facilitates tissue nutrition, speeds up bone adhesion, stimulates restoration of collagen, improves peripheral blood circulation, has an analgesic, antiphlogistic and relaxing effect. Magnetotron is used in the treatment of post-fracture conditions, dislocation of joints, tendon and joint capsule strains, degenerative changes and inflammatory conditions of backbone joints and limbs, osteoporosis, ischemic heart disease, sinusitis, bronchitis, wound hard to heal.

Viofor – the whole body or the spot in the body undergoes the toning effect of low frequency magnetic field. The delicate stimulation of the whole body with magnetic field of low frequency triggers regenerative, antiphlogistic and analgesic effects. It counteracts daily stresses, facilitates falling asleep, improves the quality of sleep and concentration, relaxes and increases immunity. Moreover, it prevents osteoporosis, regulates the level of cholesterol and blood pressure. Viofor is used in the treatment of muscle hypertension as a result of stress or function overload, chronic neurosis, chronic inflammatory conditions of joint and muscle, insomnia.

Galvanization – therapy with direct current of appropriate parameters. The treatment aims at exposing tissues to the influence of flowing direct current. It causes nerve hyperexcitability and blood supply to the place of applied treatment; it also has an analgesic effect. Galvanization is used for treating neuralgia, degenerative backbone joint disease, paralysis of peripheral nerves, post-injury conditions of osseous system, post-operation wounds (speeds up the regeneration of soft tissues).

Interfering (Nemec) current is created from two sinusoidal alternating currents overlapping in intensity, phase, and frequency. It happens in deep tissue. Interference happens with crossing two sinusoidal alternating currents. It is perfect treatment at rheumatic diseases, paresis and paralysis, blood vessel diseases and certain orthopedic diseases.
Träbert currents – currents of characteristic powerful effect on the chosen structures of nervous system. By means of the application of Träbert currents on the nervous system one can gain the improvement of cappilarisation and tissue nutrition, in peripheral circulation disorders as well, be means of reflex. Träbert currents is used in the treatment of neuralgias, ischemic syndrome of limbs, healing difficult wounds.

Diadynamic currents – currents of low frequency and changeable amplitude. By the selection of appropriate parameters one can gain analgesic effect, the improvement of local circulation, tissue nutrition and antioedematous effects. The treatment is used in degenerative joint disease, post-injury conditions of motor organs, muscle and joint pain syndromes.

Kotz currents – the training of healthy muscles by means of stimulation with current of average frequency. Kotz currents are often used in rehabilitation, biological regeneration and sport as a method facilitating weight and durability training of weight. This current does not have any application in therapy of muscle with the damaged nervous conduction.

Inferential currents – currents of average frequency affecting tissue more deeply. Due to the application of effect of two average frequency currents you can gain the therapeutic effect deep in tissues and on the wide area. Depending on the chosen parameters, you can obtain an analgesic effect, which increases congestion and tissue nutrition, or relaxing effect, as well as their various combinations. Inferential currents are used in the treatment of degenerative limb joint changes, backbone pain syndromes, muscle atrophy as a result of inactivity, muscle post-injury and post-operation conditions, rheumatism of soft tissues, neuralgias.

TENS currents – currents of average and high frequency that has a powerful analgesic effect. Analgesic effect depends on lessening pain by means of nerve stimulation (TENSE from English: Transcutaneous Electrical Nerve Stimulation). TENS currents are used in the treatment of muscle pain syndromes, backbone and joint pain syndromes, neuralgias.

CONSULTATIONS:

1. Medical consultation (for our guest) 70 pln
2. Medical consultation 100 pln
3. Medical consultation with manual therapy (for our guest) 120 pln
4. Medical consultation with manual therapy 160 pln