

MEDICAL WELLNESS
"HEALTH AND LIFE PROGRAM"PROGRAM

PROGRAM DESCRIPTION:

- 1) Initial and final examination by a specialist in physical medicine and rehabilitation, assisted by a nurse
- 2) ECG, spirometry, body composition analysis
- 3) Initial and final physiotherapist assessment
- 4) TECAR therapy per segment
- 5) Physiotherapy procedures
- 6) Breathing and relaxation exercises
- 7) Medical massage and whirlpool baths
- 8) Sauna
- 9) Mechanical lymphatic drainage (pressotherapy)
- 10) Conditioning and strength training
- 11) Recreational swimming in a heated seawater pool

THE TEAM INCLUDES:

- 1) Specialist in physical medicine and rehabilitation (physiatrist)
- 2) Physiotherapists
- 3) Nurses
- 4) Kinesiologist
- 5) Nutritionist

ABOUT THE PROGRAM:

The program is designed for individuals who care about their health and appearance, wish to prevent diseases, relax, and look better. It is aimed at a group of people who experience health problems caused by degenerative changes, but who also lead an active lifestyle and want to improve their functionality and general health. This program prevents illness, provides a sense of relaxation, and reduces pain or tension that is not caused by serious physical damage or conditions. The program consists of an examination by a specialist physician and diagnostic procedures (ECG, spirometry, body composition analysis). The physiotherapist conducts the initial and final assessment of the patient. Therapy includes treatments with a TECAR device, which uses radiofrequency to provide analgesic effects, stimulate collagen production in tissue, reduce fat deposits and cellulite, minimize edema, and rejuvenate appearance. The device is suitable for all age groups and has minimal contraindications (pregnancy, thrombophlebitis). Breathing exercises are also conducted at our facility, and exercises

in the heated seawater pool are performed with the assistance of a kinesiologist. Every patient has the opportunity to improve their health through the promotion of a healthy lifestyle. The duration of the therapy program is 5 days.

DAY 1:

- Initial examination by a specialist in physical medicine and rehabilitation with spirometry and ECG, assisted by a nurse
- Body mass index measurement by a kinesiologist
- Creation of a personalized meal plan by a nutritionist
- Physiotherapist assessment and intervention (TECAR, whirlpool baths or massages, lymphatic drainage)
- Conditioning exercises, strength training, sauna, and recreational swimming in a heated pool supervised by a kinesiologist

DAY 2:

- Physiotherapeutic intervention (TECAR, whirlpool baths or massages, lymphatic drainage)
- Conditioning exercises, strength training, sauna, and recreational swimming in a heated pool supervised by a kinesiologist

DAY 3:

- Outdoor activities – running/walking by the sea, pine forest, mountain...
- Conditioning exercises, strength training, sauna, and recreational swimming in a heated pool supervised by a kinesiologist

DAY 4:

- Physiotherapeutic intervention (TECAR, whirlpool baths or massages, lymphatic drainage)
- Conditioning exercises, strength training, sauna, and recreational swimming in a heated pool supervised by a kinesiologist

DAY 5:

- Physiotherapeutic intervention (TECAR, whirlpool baths or massages, lymphatic drainage)
- Final physiotherapist assessment and the creation of a home exercise plan
- Final examination by a specialist in physical medicine and rehabilitation, assisted by a nurse