

**MEDICAL WELLNESS**  
**"HEALTHY SPINE AND JOINTS"**

**PROGRAM DESCRIPTION:**

- 1) Initial and final examination by a specialist in physical medicine and rehabilitation, assisted by a nurse.
- 2) Diagnostics
- 3) Initial and final physiotherapist assessment
- 4) Fangotherapy, electrotherapy, magnetotherapy, and individual exercises with a physiotherapist
- 5) Hydrotherapy

**THE TEAM INCLUDES:**

- 1) Specialist in physical medicine and rehabilitation (physiatrist)
- 2) Physiotherapists
- 3) Nurses

**ABOUT THE PROGRAM:**

The program is designed for individuals suffering from acute or chronic spine and joint conditions resulting from injuries, degenerative changes, congenital defects, or other causes. The program aims to reduce pain, minimize neurological deficits caused by spinal changes, increase joint mobility, and restore function. It consists of an initial and final examination by a physiatrist, using completely non-invasive diagnostics. The physiotherapist performs the initial and final assessment of the patient. In addition to subjective tests, measurements and daily activity questionnaires are conducted. The expected duration of the therapy program is 5 days.

**DAY 1:**

- Initial examination by a specialist in physical medicine and rehabilitation assisted by a nurse (initial assessment of the spine and joint condition)
- Physiotherapeutic assessment and intervention
- Fangotherapy, magnetotherapy, electrotherapy, and individual exercises with a physiotherapist

**DAY 2:**

- Fangotherapy, magnetotherapy, electrotherapy, and individual exercises with a physiotherapist

DAY 3:

- Outdoor activities (aerosol benefits due to the proximity of the Adriatic Sea, pine forests, and Mediterranean vegetation) Breathing exercises supervised by a physiotherapist

DAY 4:

- Fangotherapy, magnetotherapy, electrotherapy, and individual exercises with a physiotherapist

DAY 5:

- Fangotherapy, magnetotherapy, electrotherapy, and individual exercises with a physiotherapist
- Final examination by a specialist in physical medicine and rehabilitation assisted by a nurse