



**Specijalna bolnica za ortopediju
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MEDICAL WELLNESS PROGRAM

Program Name:

INDIVIDUAL REHABILITATION PHYSICAL THERAPY PROGRAM

Program Description:

This rehabilitation program is designed for patients who require physical therapy under the professional supervision of a multidisciplinary team. The program includes an initial and final examination by a specialist in physical medicine, an initial and final assessment by a physiotherapist, and a series of therapeutic procedures tailored to the individual needs of the patient.

Therapeutic procedures include individual therapeutic exercises, electrotherapy procedures, and hydrotherapy, achieving optimal functional rehabilitation. The program is implemented by a multidisciplinary team consisting of a specialist in physical medicine, a nurse, and a physiotherapist, ensuring comprehensive and personalized care.

Implementation Plan:

- Initial and final examination by a specialist in physical medicine
- Initial and final assessment by a physiotherapist
- Individual therapeutic exercises
- 3x electrotherapy procedures
- Hydrotherapy

MULTIDISCIPLINARY TEAM:

- Specialist in physical medicine
- Nurse
- Physiotherapist

Program Name:

INDIVIDUAL EXTENDED REHABILITATION PHYSICAL THERAPY PROGRAM

Program Description:

A specialized therapeutic program designed for individuals suffering from musculoskeletal problems such as strains, sprains, ruptures, overuse syndromes, tendinitis, and other similar conditions. The program focuses on pain reduction, improved mobility, joint stabilization, and strengthening of balance and proprioception, aiming for faster and more effective recovery.

The program begins with a thorough examination by a specialist in physical medicine, including radiological diagnostics of the locomotor system, providing detailed insight into the condition of specific body segments. This is followed by an initial assessment by a physiotherapist to tailor therapy to the patient's specific needs.

Therapy includes individual exercises and mobilization of soft and hard tissues, electrotherapy procedures for pain and swelling reduction, balance and proprioception exercises on specialized equipment, and therapeutic exercises in a heated pool. These exercises reduce stiffness, improve flexibility, relax muscles, and speed up recovery.

The program is conducted under the careful supervision of a multidisciplinary team, including a specialist in physical medicine, a nurse, and a physiotherapist, who together ensure a high-quality and personalized approach for each patient.

Implementation Plan:

- Initial examination by a specialist in physical medicine with X-ray of the locomotor system
- Initial assessment by a physiotherapist
- Therapeutic procedures (individual exercises, mobilization, electrotherapy procedures, balance and proprioception exercises)
- Final assessment by a physiotherapist
- Final examination by a specialist in physical medicine

Multidisciplinary team:

- Specialist in physical medicine
- Nurse
- Physiotherapist

The program duration is flexible and depends on the severity of the patient's condition, with an expected duration of 10 to 15 therapy days for optimal results.

Program Name:

POSTOPERATIVE ORTHOPEDIC REHABILITATION PROGRAM

Program Description:

This rehabilitation program is specifically tailored for patients who have undergone orthopedic procedures, such as joint surgeries or after bone fractures. The program is intended for the final phase of rehabilitation, aiming to optimize recovery, reduce pain, increase mobility, strengthen muscles, and facilitate return to daily activities.

Program Goals:

- Pain reduction
- Increased mobility
- Muscle strengthening
- Faster return to daily activities

The program includes an initial and final examination by a specialist in physical medicine and an initial and final assessment by a physiotherapist, who analyzes the patient's functional abilities using tests, measurements, and questionnaires. The program lasts 15 therapy days, and for more severe clinical cases, extension to 20 days is recommended.

Therapy includes:

- Individual therapeutic exercises and mobilization of soft or hard tissues: Exercises specialized for muscle strengthening, increasing joint mobility, and restoring functionality after orthopedic procedures.
- Electrotherapy procedures: Two electroanalgesic therapies that help reduce pain, edema, increase mobility, and improve circulation.
- Balance and proprioception exercises: Designed to stabilize the trunk and joints, improve coordination and proprioception, enhance muscle coordination, and prevent injuries.
- Therapeutic exercises in a heated pool: Improve physical condition, reduce stiffness, and relax muscles.

Implementation Plan:

- Examination by a specialist in physical medicine
- Initial assessment by a physiotherapist
- Therapeutic procedures (individual therapeutic exercises or mobilization of soft or hard tissues, 2x electroanalgesic procedures, balance and proprioception exercises)
- Final assessment by a physiotherapist
- Final examination by a specialist in physical medicine

Multidisciplinary team:

- Specialist in physical medicine
 - Nurse
 - Physiotherapist
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Program Name:

HIGH TECHNOLOGY IN PHYSICAL THERAPY

Program Content:

1. Examination by a specialist in physical medicine and rehabilitation (initial and follow-up):
 - The initial examination includes a detailed assessment by the specialist to establish a diagnosis and recommend an appropriate therapy plan. The follow-up examination after completed therapies allows monitoring of progress and adjustment of further treatment.
2. Diagnostics (X-ray):
 - Use of radiological diagnostics (X-ray) for precise assessment of bone structures, joints, and surrounding tissues, to determine the causes of complaints and adjust therapy.
3. Package of 5 or 10 therapies:
 - The program may include a package of 5 or 10 therapeutic treatments, depending on the patient's needs and the type of injury or condition being treated. Therapies can be combined for optimal results.
4. HILT laser:
 - HILT (High Intensity Laser Therapy) uses a high-energy laser to treat pain, reduce inflammation, and stimulate tissue healing. This treatment penetrates deep into tissues, promotes cell regeneration, accelerates recovery, and reduces pain.
5. TECAR therapy:
 - TECAR (Transfer of Energy Capacitive and Resistive) therapy uses high-frequency energy delivered through capacitive and resistive electrodes. It stimulates circulation, reduces pain and swelling, and accelerates recovery and rehabilitation after injuries or surgeries.
6. Biofeedback:

- Biofeedback technology allows patients to monitor their physiological responses (such as muscle tension or heart rate) via sensors and learn how to control them. This therapy helps reduce stress, relax muscles, and improve physical functionality.

Implementation Plan:

- Initial examination by a specialist in physical medicine and rehabilitation
- Diagnostics (X-ray)
- Therapy planning (package of 5 or 10 treatments)
- Application of high-tech therapies:
 - HILT laser
 - TECAR therapy
 - Biofeedback
- Follow-up examination by a specialist in physical medicine and rehabilitation

Duration and recommendations:

- Therapies can be tailored to the patient's needs, with packages of 5 or 10 treatments that may last several weeks, depending on therapy intensity and patient progress.

This program uses advanced technology to provide the most effective treatment for rapid recovery, pain reduction, and restoration of functionality.

LYMPHATIC DRAINAGE PROGRAM

Content and implementation plan:

1. Initial and final examination by a specialist in physical medicine
 - The specialist conducts initial and final examinations to assess general condition, identify specific problems, and set rehabilitation goals.
2. Measurement of limb circumference
 - The physiotherapist measures limb circumference for a precise insight into the patient's lymphatic system and to identify potential swelling problems.
3. Initial and final assessment by a physiotherapist
 - The physiotherapist conducts an initial assessment including analysis of functionality, mobility, and specific symptoms of lymphedema. At the end of

the program, the physiotherapist performs a final assessment to evaluate progress and determine further steps.

4. Manual lymphatic drainage or device-assisted lymphatic drainage therapy

- Manual lymphatic drainage is a specialized technique used to stimulate the lymphatic system and reduce swelling. Techniques are performed by licensed physiotherapists or physiotherapy technicians and include massage and tissue manipulation to remove excess fluid, toxins, and metabolic waste.

5. Breathing and relaxation exercises

Breathing and relaxation exercises are conducted in a relaxing environment of the medical rehabilitation park, located near the sea and surrounded by Mediterranean vegetation. These exercises help reduce stress, improve mental health, and enhance circulation and lymphatic drainage.

6. Final examination by a specialist in physical medicine

- At the final examination, the specialist evaluates the program's effectiveness and achieved progress. The need for maintenance therapy is thoroughly considered to ensure long-term improvements and prevent worsening of lymphedema symptoms.

Multidisciplinary team:

- Specialist in physical medicine
- Nurse
- Physiotherapist

Duration:

- The program lasts 10 therapy days, and in the case of chronic conditions, maintenance of achieved results is necessary even after the program ends.

This rehabilitation program ensures a comprehensive approach to lymphedema treatment through medical and physiotherapeutic care, including manual therapy, measurements, as well as mental and physical relaxation.

Program description:

This rehabilitation program is intended for people suffering from acute or chronic lymphedema, i.e., tissue swelling most often affecting one or both limbs. Lymphedema can result from various causes, including surgical procedures, trauma, infections, or lymphatic system disorders.

Program goals:

- Reduction of swelling and fluid accumulation in tissues
- Increased mobility and reduced discomfort
- Improved circulation and immune response
- Relaxation and stress reduction

The program begins with initial and final examinations by a specialist in physical medicine or dermatology, and the physiotherapist conducts a detailed assessment, including limb circumference measurement and body mass analysis. After the assessment, therapy is tailored to the individual needs of the patient.

Therapy includes:

- Manual lymphatic drainage or device-assisted lymphatic drainage therapy: A technique performed by licensed physiotherapists or physiotherapy technicians. This method helps remove excess fluid, toxins, and metabolic waste from tissues, improves lymphatic system function, reduces stress and pain, and promotes relaxation. Manual lymphatic drainage also boosts immunity and increases lymphocyte production.
- Breathing and relaxation exercises: Conducted in a natural environment, in the medical rehabilitation park located near the sea and surrounded by Mediterranean vegetation. This environment contributes to relaxation, stress reduction, and improved mental health. Additionally, thalassotherapy provides an ideal space for climatotherapy, thanks to the exceptional air quality and proximity to the sea.

Final assessment and examination:

At the end of the program, the expert team evaluates the achieved results and decides on the need for continued maintenance therapy to ensure long-term progress and prevent worsening of symptoms.

Duration:

- The program lasts 10 therapy days, after which significant results should be visible. For chronic conditions, maintenance therapy is recommended for long-term effect.