



# **MEDICAL RESORT - YOUR KEY TO HEALTH**

For years now, Ustka has been admired for its rich pro-health resources like brine or therapeutic mud, which show excellent and scientifically proven healing properties.

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# MEDICAL CONSULTATION

Neurological consultation

**Neurosurgical consultation** 

Paediatric consultation

Orthopaedic consultation

Internal medicine

Medical check-up

## ADDITIONAL MEDICAL SERVICES

## Acupuncture

One of the oldest therapeutic methods, developed in China more than 5000 years ago. Here, thin needles made of surgical steel are introduced at specific points, the so-called active or acupuncture points, into the skin, and thereby, blockades are removed, the energy can now flow undisturbed, and the whole body is in harmony again.

Medicament administration

Hyaluronic acid injection

# PHYSIOTHERAPEUTIC CONSULTATIONS

Basic physiotherapeutic consultation

Physiotherapeutic consultation

+ individual therapy with physiotherapist

Foot defect diagnostics

Faulty posture diagnostics for children

**Neurac spine diagnostics** 



# REHABILITATION CENTRE MEDICAL RESORT

Our mission at the Medical Resort is improving your well-being and boosting your inner strength. The Resort offers you a rich complex of diagnostic and treatment rooms equipped with a wide range of high quality up-to-date medical and rehabilitation devices.

And our well-qualified staff is your guarantee of best quality services as well as proper therapeutic and rehabilitation care. In each case, treatments are selected individually, based on your needs and health condition, which provides long-lasting therapeutic effects.

# BALNEOTHERAPY AND HYDROTHERAPY

#### Brine bath

Applied in the therapy of rheumatic and degenerative diseases of joints and spine as well as in case of dermatological disorders.

## Brine - therapeutic mud bath

It has a positive effect on the whole body, improves blood circulation, cleanses the skin, loosens tight muscles and removes fatigue after intensive physical effort.

## Therapeutic mud bath

Causes topical overheating of tissues and deep muscles. Improves their oxygenation and nourishment. In the warm bath, your muscles are loosened, which enables complete relaxation and reduces pain ailments.

## Physioactive bath

Pearl bath with therapeutic mud extract. Relaxes and provides natural bioregereneration.

## Carbonic acid bath

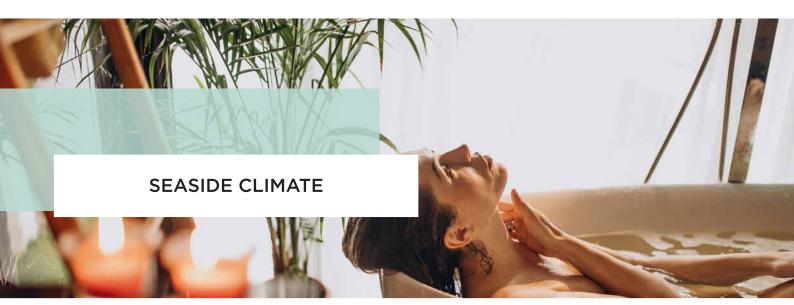
Bathing in water saturated with carbon dioxide at a temperature of approx. 34°C. Carbon dioxide penetrates the skin and thereby causes vasodilation. In this way, the blood pressure is lowered, which has a positive impact on the heart.

## Dry carbonic acid bath

Widens blood vessels, calms down, relaxes and lowers blood pressure.

#### Dry ozone bath

Used to improve blood supply and nourishment of all tissues. Shows anti-inflammatory and antibacterial properties.



## Pearl bath

The tiny little pearls embracing your body calm down your nervous system and boost your overall relaxation.

## Aromatic pearl bath with Ustka salt

A combination of pearl bath and the relaxing Ustka salt. This salt regenerates the epidermis, improves blood circulation and detoxifies the body. After the bath, the skin is smooth and fragrant.

## Scotch douche

Pouring a high-pressure water stream over the body. The therapist uses showers of alternating warm, lukewarm and cold water. Recommended for sportsmen as a form of bioregeneration as well as for women wanting to reduce cellulite and boost their metabolism.

## Hydromassage with elements of manual underwater massage

## Multi-jet underwater massage

Symmetrically placed jets with warm water intensively massage the whole body.

## Multi-jet underwater massage with Ustka salt

## Whirlpool foot / upper limb massage

A partial bath of upper or lower limbs. The whirlpool motion in the bathtub reduces swelling and venous blood stasis. Shows excellent analgesic properties and loosens tight muscles.

## Whirlpool massage of lower limbs and spine

# PHYSICAL THERAPY

Laser therapy

Electrostimulation

Galvanic current therapy

Ionophoresis

Träbert current

Kotz current

Interference currents

Diadynamic currents

**TENS** 

Ultrasound

Magnetotherapy







## **THERMOTHERAPY**

## Sollux Lamp

Irradiating the body with infrared and visible rays. The Sollux lamp has two filters. The red filter is used to treat inflammation of soft tissues, wounds which do not heal very well as well as muscle pains. The blue filter has analgesic and sedative properties. Helps in the therapy of sinuses, neuralgia, posttraumatic conditions, frostbite and hyperaesthesia.

## Brine inhalation

The basic treatment against diseases and problems of upper and lower respiratory tract.

## Pilerotherapy

An effective irradiation method used to treat inflammations of: sinuses, ears, throat and bronchi. Soothes rheumatic pains, spinal or migraine pains. Supports the treatment of dermatological diseases, i.e. acne, skin allergies, psoriasis etc. Applied on wounds and scars: after surgeries, injuries, burns, bedsores, ulcers as well as in case of diabetic foot.

## Topical cryotherapy

Cooling a body part with liquid nitrogen at a temperature of approx. -160°C up to -190°C. The cold therapy inhibits inflammations, alleviate pain and reduces swelling.

## Partial therapeutic mud compress

The therapeutic mud is a peat rich in organic, non-organic and microbiological ingredients. Thanks to its high thermal capacity, it is a good carrier of warmth and if applied directly on the body, it has an analgesic, soothing and muscle relaxing effect.

## Fango compress

A mixture of paraffin and volcanic ash in the form of a high temperature compresses (approx. 47°C). Helps to eliminate toxins accumulated within the body, deeply overheats and loosens muscles.







# **HEALTHY FOOT ZONE** - FOOTBALANCE AT THE MEDICAL RESORT







FootBalance is a Finnish system developed by doctors, physiotherapists, paediatricians and podiatrists.

It consists in shaping foot insoles individually to the patient's needs and expectations, based on a specialist computer analysis of the structure and pattern of foot as well as its functionality.

#### The shoe insoles are recommended in case of:

- plantar fasciitis,
- back pain,
- diabetic foot problems.
- hallux valgus,
- flat feet.
- Achilles inflammation.
- joint strain,
- knee pain,
- jumper's knee,
- valgus foot, splayfoot.

## Some of the FootBalance advantages:

- natural dynamic support of the foot arch,
- heel and foot stabilisation.
- correct positioning of the body kinematic chain,
- increasing natural shock absorption,
- relieving joints, ligaments and muscles of feet, knees, hips, spine,
- supporting in the therapy of hallux valgus, plantar fasciitis, heel spurs,
- improving general foot health.

The FootBalance insoles are also intended for people practising all kinds of sports or fond of long walks.

## Computer analysis of foot defects

100% personalised shoe insoles made on the basis of a computer analysis of the feet:

## / 100% Balance / 100% Balance Narrow

These universal shoe insoles have a wide spectrum of use. They're perfect for normal and wide feet alike. Developed mainly for runners, but suitable also for skiing, rollerblading and cycling. Can also be applied in everyday shoes when going for a walk. They give your feet moderate support and lots of elasticity, as a result of which you're given an energy boost.

## / 100% Control

This slim insole has been specially designed for narrow shoes where there is relatively little space inside. Equipped with a heel stabiliser for better amortisation, which in turn increases the transfer of energy. The ultra-thin construction provides better foot feel and a better contact with the ground, yet does not take much space in the shoes. These insoles are supposed to distribute the body weight evenly as well as to provide better stabilisation, quicker response and better ground feel.

## / 100% Impact

Specially designed for the people who play indoor sports with lots of jumps and landings as well as frequent direction changes which put additional strain on the feet and ankles. These insoles are also perfect for people with large body weight who need to relieve the pressure on their heels or forefeet. They provide excellent support and stability as well as offer increased amortisation at the heel and under the heads of metatarsal bones. This, in turn, helps to reduce possible injuries or relieve pressure on those areas which are already injured. The heel amortisation has been specially designed to relieve the pressure on the heel in accordance with its natural movement, the perforation under the toe area provides for proper ventilation and helps to dry the insoles.

## / Medical Green Soft

This soft shoe insole has a special construction inside witch supports the arch of the foot and thereby provides a better balace, stabilises the foot and distributes weight to reduce the concentration of loads, especially on the heel. The springy top layer made of a special fabric helps to prevent excessive friction, providing comfort under the foot. Developed specifically for sensitive feet which need additional comfort to alleviate symptoms of disease.



# THERAPEUTIC MASSAGES

## Healing massage

The healing massage is supposed to first and foremost relieve pain, regulate increased muscle tension, boost the supply of nutrients to the muscle cells and remove the unnecessary metabolism products.

## Sports massage

This massage is supposed to accelerate the body regeneration and prevent injuries which may result from heavy strains in professional and amateur sports.

## Deep tissue massage

A type of massage in which all the movements are performed with a great precision and at a very slow pace. It involves skilfull loosening of tissues and improving their mobility. The intensity of the pressure applied on the tissues depends on the individual condition of the patient.

## Myofascial trigger point therapy

This therapy is aimed at relieving pain in the muscles with increased tension. The main indications for the therapy are: spinal pain syndromes, sports injuries and overloads as well as overloads connected with work, i.e. shoulder pains, tennis elbow and golfer's elbow.

## Cupping massage

The cupping massage uses vacuum pressure to boost the circulation of blood and body fluids. Helps to remove the unnecessary metabolism products and toxins. The results thereof can be seen instantly. After the very first massage already, your skin has a healthy, flushed colour, it is much firmer and more elastic. This massage is a perfect addition to the cellulite therapy.

## Manual lymphatic drainage

Intended for the persons struggling with post-surgical, post-injury, post-mastectomy swelling or the so called 'heavy legs' condition. Applied on face, neck and neckline, provides deep relaxation.

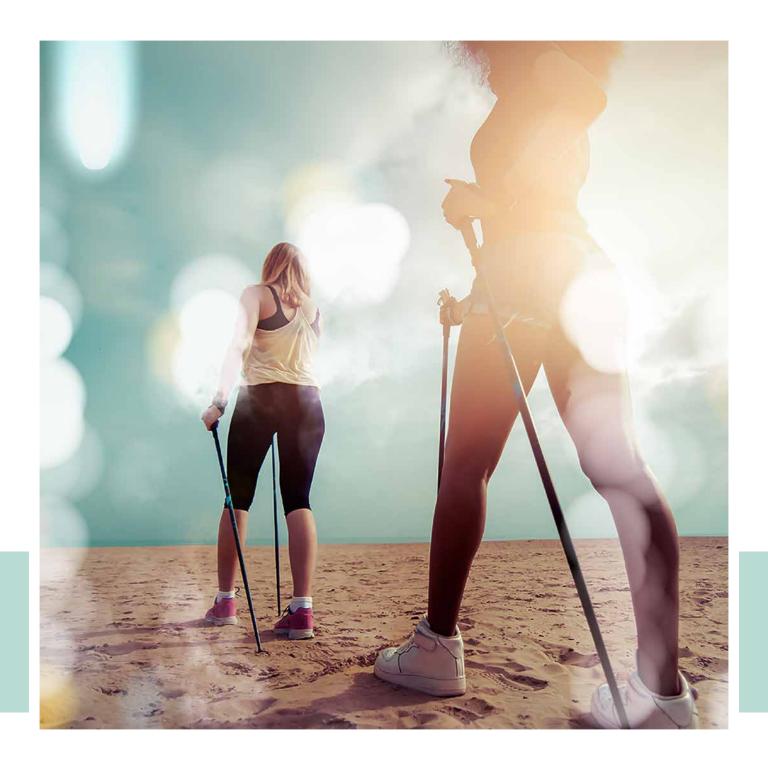
## Special massage for sciatica

This massage is performed in the following positions: on the stomach, on the back and on the healthy side. The treatment is not performed in the acute phase of the illness.

## Visceral therapy

It is a holistic treatment method focused on the connections between the musculoskeletal system and internal organs. The internal organs have a tremendous influence on the health of amongst others the spine, pelvis, shoulder girdle and muscles.





# **KINESIOTHERAPY**

## Taping / Kinesiotaping

Applying a special, elastic tape on chosen body parts to secure and stabilise a tissue or a joint. Also used in the complex anti-oedema therapy

## Individual therapy

Adapted to the individual needs and the current health condition of the patient. The physiotherapist may choose proper balneology or light treatments, physiotherapy procedures, kinesiotherapy etc.

## Individual therapy for children

Individually tailored exercises depending on the current health condition of the patient. Also used as prophylaxis.

## Individual exercises

## **Group exercises**

## Neurac individual therapy

This therapy was developed by Norwegian doctors and physiotherapists. Intended for patients dealing with pain in the cervical or lumbar spine as well as in the shoulder and hip joints. The Neurac method is supposed to eliminate or reduce pain as well as restore the normal range of motion.

## **Individual Nordic Walking**

## Nordic Walking - groups

Considered to be one of the best leisure exercise forms in the world, a recipe for a long and healthy life. This open air sport is perfect for all the age groups. The class programme includes: helping to choose the right equipment, learning to walk effectively, warm-up and stretching.

## Ear candling

Our highly qualified staff provides you with high quality services as well as makes sure you're given proper therapeutic and rehabilitation care.

The current price list is available at the reception desk of the Medical Resort.



# MEDICAL RESORT

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