

# Paid rehabilitation courses

Number of procedures during 5, 7, 10 and 14 rehabilitation days

## 5 days

- 1 Doctor's first consultation up to 30 min.
- 1 Physiotherapist consultation up to 30 min.
- 3 Use of the therapeutic pool and thermotherapy for one person + hydrotherapy exerciser for up to 60 min.
- 3 Neck and collar area massage (2 units) 15 min. or lumbar-sacral parts of the back (2 units) 15 min.
- 2 Therapeutic exercise in a group (in the hall) for up to 30 min.
- 2 Physical activities in the gym with dosed load (as prescribed by a doctor or physiotherapist) up to 45 min.
- 2 Caning (per person) in a group of up to 15 people up to 60 min.
- 2 Hydrotherapy procedures (medicinal baths) 10 min.
- 2 Salt therapy 30 min.

## 7 days

- 1 Doctor's first consultation up to 30 min.
- 1 Physiotherapist consultation up to 30 min.
- 4 Use of the therapeutic pool and thermotherapy for one person + hydrotherapy exerciser for up to 60 min.
- 5 Neck and collar area massage (2 units) 15 min. or lumbar-sacral parts of the back (2 units) 15 min.
- 4 Therapeutic exercise in a group (in the hall) for up to 30 min.
- 3 Physical activities in the gym with dosed load (as prescribed by a doctor or physiotherapist) up to 45 min.
- 2 Caning (per person) in a group of up to 15 people up to 60 min.
- 3 Hydrotherapy procedures (medicinal baths) 10 min.
- 4 Salt therapy 30 min.

## 10 days

- 1 Doctor's first consultation up to 30 min.
- 1 Physiotherapist consultation up to 30 min.
- 5 Use of the therapeutic pool and thermotherapy for one person + hydrotherapy exerciser for up to 60 min.
- 7 Neck and collar area massage (2 units) 15 min. or lumbar-sacral parts of the back (2 units) 15 min.
- 7 Therapeutic exercise in a group (in the hall) for up to 30 min.
- 6 Physical activities in the gym with dosed load (as prescribed by a doctor or physiotherapist) up to 45 min.
- 3 Caning (per person) in a group of up to 15 people up to 60 min.
- 5 Hydrotherapy procedures (medicinal baths) 10 min.
- 1 Diet specialist consultation up to 30 min.
- 1 Occupational therapist consultation up to 30 min.
- 5 Salt therapy 30 min.

## 14 days

- 1 Doctor's first consultation up to 30 min.
- 1 Physiotherapist consultation up to 30 min.
- 8 Use of the therapeutic pool and thermotherapy for one person + hydrotherapy exerciser for up to 60 min.
- 8 Neck and collar area massage (2 units) 15 min. or lumbar-sacral parts of the back (2 units) 15 min.
- 8 Therapeutic exercise in a group (in the hall) for up to 30 min.
- 8 Physical activities in the gym with dosed load (as prescribed by a doctor or physiotherapist) up to 45 min.
- 6 Caning (per person) in a group of up to 15 people up to 60 min.
- 6 Hydrotherapy procedures (medicinal baths) 10 min.
- 1 Diet specialist consultation up to 30 min.
- 1 Occupational therapist consultation up to 30 min.
- 6 Salt therapy 30 min.
- 1 Doctor's consultation (repeated visit) up to 15 min.