



SPECIALIZED HOSPITALS FOR REHABILITATION NATIONAL COMPLEX EAD

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PROGRAM

Complex rehabilitation of patients with GONARTHROSIS

Place of implementation - SHR-NC, branch in Ovcha Mogila

Its mineral water is hyperthermal by its physico-chemical properties – 45 degrees centigrade, moderately mineralized, with chloride, sulfate, sodium-calcium content and light alkaline reaction. It also contains mineral substances: iodine, bromine, fluorine, metaboric acid and potassium.

The Ovcha Mogila division is specialized in the treatment of patients with locomotor (musculoskeletal) system diseases. Gonarthrosis is one of the most frequent localizations in the arthrosis damages of the large joints. It is more frequent in women. Risk factors are obesity, static anomalies, knee injuries (meniscus lesion, chronic joint instability, fractures).

Methods:

Recommended for the treatment of patients with radiologically proven gonarthrosis.

The methods applied are: balneotherapy, kinesiotherapy and preformed physical factors:

- Relieving regime for the joint by reducing the body mass, positional therapy with orthoses etc.
- Exercises with walking aids (canes, walkers)
- Pain relief and improved nutrition of the joint by preformed physical factors
- Thermal therapy: paraffin application
- Underwater exercises
- Underwater-jet massage
- Therapeutic exercises and other kinesiotherapeutic procedures
- Moderate promenades
- Occupational therapy

Required documentation: Medical report or interim medical report

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If you have questions or wish to be consulted, don't hesitate to contact us!
We will offer you the most favorable conditions and prices!

