



# SPECIALIZED HOSPITALS FOR REHABILITATION NATIONAL COMPLEX EAD

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## PROGRAM

### *Complex rehabilitation in* **DEGENERATIVE DISC DISEASE**

#### **Place of implementation - SHR-NC, branch in PAVEL BANYA**

The mineral water is low-mineralized, hydrocarbon-sodium containing, hyperthermal, with radon, silicon and fluorine traces with slightly manifested alkaline reaction (pH – 7,5-7,9).

#### **The Pavel Banya division is specialized in the treatment of:**

- **Locomotor system diseases**  
Vertebrogenic diseases; degenerative, joint and peri-articular inflammatory diseases; conditions after injuries and orthopedic diseases; conditions after endoprosthetic surgery;
- **Peripheral nervous system disorders**  
Disc disease, mono- and polyneuritis, radiculitis, conditions after peripheral nerve and cerebrospinal injuries, functional nervous disorders.

#### **Methods:**

The applied methods include classical balneotherapy, physical therapy, kinesiotherapy procedures and subject to the stage of development of the disease:

- Decompressive therapy
- Immobilization
- Electrostimulation
- Antalgic bed
- Analytical exercises
- Self-mobilizing exercises
- Massage techniques

#### **Required documentation:**

- Diagnostic examinations (X-ray imaging, CT, NMR, EMG, MMT)
- Medical report or interim medical report

