



SPECIALIZED HOSPITALS FOR REHABILITATION NATIONAL COMPLEX EAD

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BECHTEREV'S DISEASE PROGRAM

Complex rehabilitation of patients with Ankylosing spondilitis – Bechterev's disease

Place of implementation – SHR-NC, branch in Banya, Karlovo region

The characteristics of the branch are due to the availability of deposits of mineral – turf mud and the mineral water profile which is low mineralized, sulphatic, hydrocarbonated, sodium, fluorine, silicon containing water with high alkaline reaction.

The ankylosing spondilitis is a socially important disease, triggered in the man's young creative age of 18-25, where it is 4-5 times more frequent in men. It represents an autoimmune disease with chronically progressing pace affecting the spine, the hip joints and more rarely the other peripheral joints resulting in the disablement of the patients from their young age.

Purpose: The main therapeutic approach is oriented towards:

- Setting the pain syndrome under control
- Reducing the rigidity and preserving the mobility of the spine and the peripheral joints
- Preventing future deformations and contractures
- Suppressing the inflammatory process and stabilizing the body's reactivity
- Preventing complications in the respiratory system

Medical rehabilitation

- Balneological therapy – hydrotherapy, mud therapy, lye therapy
- Physical therapy – physical therapy procedures with pain relieving and anti-inflammatory effect
- Individual kinesiotherapy: underwater exercises, swimming, breathing exercises, relaxing exercises, exercises to maintain the mobility of the affected joints, exercises to overcome the muscle disbalance, elements of sport, easy emotion-based games
- Drug therapy

Social rehabilitation

Required documents: 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!

