



## **Hip Replacement Program (postoperative program following hip endoprosthesis implantation)**

### **CONTENT:**

- Initial and final examination by a specialist in physical medicine and rehabilitation
- Initial and final physiotherapeutic assessment
- Group or individual physiotherapy exercises
- Hydrotherapy
- Electrotherapy
- Magnetotherapy

### **IMPLEMENTATION PLAN:**

- Initial examination by a specialist in physical medicine and rehabilitation
- Physiotherapy program
- Final examination by a specialist in physical medicine and rehabilitation

### **MULTIDISCIPLINARY TEAM:**

- Specialist in physical medicine and rehabilitation
- Physiotherapist
- Nurse
- Hospital orderly

This program is intended for individuals following hip replacement surgery.

The physiotherapy program consists an initial and final examination by a specialist in physical medicine, who prescribes therapies based on medical indications. Group or, if necessary, individual physiotherapy exercises are conducted along with an initial and final physiotherapeutic assessment. Walking exercises are included based on the assessment by the physiotherapist or specialist. Electrotherapy and magnetotherapy procedures are provided based on the specialist's indications. Hydrotherapy is conducted as group therapy in a thermal water pool or as individual hydrotherapy in a Hubbard tub with thermal water, depending on the specialist's indication.

The program lasts for 21 days. The goal of the program is to improve mobility, enable walking with assistive devices on flat surfaces and stairs if needed, strengthen weakened muscles, reduce pain, and train the patient to independently perform everyday activities.



## **Knee Replacement Program (postoperative program following knee endoprosthesis implantation)**

### **CONTENT:**

- Initial and final examination by a specialist in physical medicine and rehabilitation
- Initial and final physiotherapeutic assessment
- Group or individual physiotherapy exercises
- Cryotherapy
- Hydrotherapy
- Electrotherapy
- Magnetotherapy

### **IMPLEMENTATION PLAN:**

- Initial examination by a specialist in physical medicine and rehabilitation
- Physiotherapy program
- Final examination by a specialist in physical medicine and rehabilitation

### **MULTIDISCIPLINARY TEAM:**

- Specialist in physical medicine and rehabilitation
- Physiotherapist
- Nurse
- Hospital orderly

This program is intended for individuals following knee replacement surgery.

The physiotherapy program includes an initial and final examination by a specialist in physical medicine, who prescribes therapy based on medical indications. Group or individual physiotherapy exercises are carried out alongside an initial and final physiotherapeutic assessment. Walking exercises are included as needed, based on the assessment by the physiotherapist and the specialist. Cryotherapy is applied as needed in the form of cryomassage or cold packs to reduce swelling, inflammation, and pain, and as preparation for active-assisted exercises to increase the range of motion in the knee. Electrotherapy and magnetotherapy procedures are prescribed based on the specialist's recommendation. Hydrotherapy is delivered either as group therapy in a thermal water pool or as individual therapy in a Hubbard tank with thermal water, depending on the indication.

The duration of the program is 21 days. The goal of the program is to improve mobility, enable walking with or without assistive devices on flat surfaces and stairs if needed, increase the range of motion in the knee, reduce swelling, strengthen weakened muscles, relieve pain, and help the patient regain independence in daily activities.





## **Dorsalgia Program (spinal pain syndromes)**

### **CONTENT:**

- Initial and final examination by a specialist in physical medicine and rehabilitation
- Initial and final physiotherapeutic assessment
- Group or individual physiotherapy exercises
- Hydrotherapy
- Electrotherapy
- Thermotherapy
- Magnetotherapy / Laser therapy

### **IMPLEMENTATION PLAN:**

- Initial examination by a specialist in physical medicine and rehabilitation
- Physiotherapy program
- Final examination by a specialist in physical medicine and rehabilitation

### **MULTIDISCIPLINARY TEAM:**

- Specialist in physical medicine and rehabilitation
- Physiotherapist
- Nurse

This program is intended for individuals suffering from acute or chronic conditions resulting from injury, degenerative changes, congenital malformations, chronic rheumatologic diseases, and other causes.

The physiotherapy program includes an initial and final examination by a specialist in physical medicine, who prescribes therapy based on medical indications. Group or, if necessary, individual physiotherapy exercises are conducted with an initial and final physiotherapeutic assessment. Electrotherapy procedures and magnetotherapy or laser therapy are applied based on the indication of the specialist. Thermotherapy is conducted using paraffin wraps or fango (mud) therapy. Hydrotherapy is delivered either as group therapy in a thermal water pool or as individual hydrotherapy in the form of four- or two-cell galvanic baths with thermal water.

The duration of the program is 10 days, after which therapies may be extended for an additional 10 days based on the recommendation of the specialist in physical medicine. The goal of the program is to reduce pain and numbness, increase mobility, and strengthen muscles.





## **Laminectomy Program (postoperative program following lumbar spine surgery)**

### **CONTENT:**

- Initial and final examination by a specialist in physical medicine and rehabilitation
- Initial and final physiotherapeutic assessment
- Group or individual physiotherapy exercises
- Hydrotherapy
- Electrotherapy
- Magnetotherapy
- Laser therapy

### **IMPLEMENTATION PLAN:**

- Initial examination by a specialist in physical medicine and rehabilitation
- Physiotherapy program
- Final examination by a specialist in physical medicine and rehabilitation

### **MULTIDISCIPLINARY TEAM:**

- Specialist in physical medicine and rehabilitation
- Physiotherapist
- Nurse

This program is intended for individuals after lumbar spine surgery.

The physiotherapy program consists of initial and final examinations by a specialist in physical medicine, who prescribes therapies based on medical indications. Group or, if necessary, individual physiotherapy exercises are conducted alongside initial and final physiotherapeutic assessments. Electrotherapy procedures and magnetotherapy are provided according to the specialist's indications. Laser therapy is prescribed as either manual laser or scanning/static laser. Hydrotherapy is conducted as group therapy in a thermal water pool.

The duration of the program is 21 days. The goal of the program is to reduce pain and numbness, increase mobility, strengthen muscles, and improve overall movement.





## **ACL Program (postoperative program following anterior cruciate ligament reconstruction)**

### **CONTENT:**

- Initial and final examination by a specialist in physical medicine and rehabilitation
- Initial and final physiotherapeutic assessment
- Group or individual physiotherapy exercises / proprioception training
- Cryotherapy
- Hydrotherapy
- Electrotherapy
- Magnet / laser / biofeedback

### **IMPLEMENTATION PLAN:**

- Initial examination by a specialist in physical medicine and rehabilitation
- Physiotherapy program
- Final examination by a specialist in physical medicine and rehabilitation

### **MULTIDISCIPLINARY TEAM:**

- Specialist in physical medicine and rehabilitation
- Physiotherapist
- Nurse

This program is intended for individuals following surgery for anterior cruciate ligament reconstruction.

The physiotherapy program consists of initial and final examinations by a specialist in physical medicine, who prescribes therapies based on indications. Group or individual physiotherapy exercises are conducted alongside initial and final physiotherapeutic assessments. Exercises focus on increasing range of motion and proprioception training. Cryotherapy is applied as needed in the form of cryomassage or cold packs to reduce swelling, inflammation, and pain, and as preparation for active-assisted exercises to increase knee range of motion. Electrotherapy procedures involve muscle electrostimulation. Magnet, laser, or biofeedback therapy is applied according to the specialist's recommendation. Hydrotherapy is performed as group therapy in a thermal water pool.

The duration of the program is 21 days. The goal is to increase knee range of motion, reduce swelling, strengthen weakened muscles, reduce pain, improve mobility and stability, and eliminate the need for walking aids.





## **Locomotor Program**

**(program following joint surgeries, fractures, and joint diseases)**

### **CONTENT:**

- Initial and final examination by a specialist in physical medicine and rehabilitation
- Initial and final physiotherapeutic assessment
- Individual physiotherapy exercises
- Cryotherapy
- Electrotherapy
- Magnetotherapy
- Laser therapy

### **IMPLEMENTATION PLAN:**

- Initial examination by a specialist in physical medicine and rehabilitation
- Physiotherapy program
- Final examination by a specialist in physical medicine and rehabilitation

### **MULTIDISCIPLINARY TEAM:**

- Specialist in physical medicine and rehabilitation
- Physiotherapist
- Nurse

This program is intended for rehabilitation of the musculoskeletal system for conditions resulting from injuries or diseases of the locomotor system.

The physiotherapy program consists of initial and final examinations by a specialist in physical medicine who prescribes therapy based on indications. Individual physiotherapy exercises are carried out alongside initial and final physiotherapeutic assessments. Electrotherapy procedures and magnetotherapy or laser therapy are applied based on the specialist's recommendations. Hydrotherapy is conducted as group therapy in a thermal water pool.

The duration of the program is 10 days, after which therapies may be extended for another 10 or more days upon the recommendation of the specialist in physical medicine. The goal of the program is to reduce pain and numbness, increase mobility and joint range of motion, strengthen weakened muscles, recover from injury, and enable a quick return to daily activities.





## **Active Program (sprains, strains, ruptures, overuse syndromes, tendinitis, etc.)**

### **CONTENT:**

- Initial and final examination by a specialist in physical medicine and rehabilitation
- Initial and final physiotherapeutic assessment
- Individual physiotherapy exercises
- Cryotherapy / shockwave therapy
- Electrotherapy
- Magnetotherapy
- Laser therapy

### **IMPLEMENTATION PLAN:**

- Initial examination by a specialist in physical medicine and rehabilitation
- Physiotherapy program
- Final examination by a specialist in physical medicine and rehabilitation

### **MULTIDISCIPLINARY TEAM:**

- Specialist in physical medicine and rehabilitation
- Physiotherapist
- Nurse

This program is intended for individuals suffering from acute or chronic musculoskeletal conditions resulting from injury, degenerative changes, congenital malformations, and other causes.

The physiotherapy program includes initial and final examinations by a specialist in physical medicine who prescribes therapies based on indications. Individual physiotherapy exercises are performed along with initial and final physiotherapeutic assessments. Cryotherapy is applied as needed in the form of cryomassage or cold packs to reduce swelling, inflammation, and pain, and as preparation for active-assisted exercises to increase joint range of motion. Shockwave therapy is applied as indicated by the specialist to suppress calcifications and accelerate natural healing processes. Electrotherapy procedures and magnetotherapy or laser therapy are conducted based on the specialist's recommendations. Hydrotherapy is conducted as group therapy in a thermal water pool.

The duration of the program is 10 days, after which therapies may be extended for another 10 or more days upon recommendation of the specialist in physical medicine and rehabilitation. The goal of the program is to reduce pain and numbness, increase mobility and joint range of motion, strengthen weakened muscles, recover from injury, and enable a fast return to daily activities.





## **Rheumatism Program (program for rehabilitation of rheumatic diseases)**

### **CONTENT:**

- Initial and final examination by a specialist in physical medicine and rehabilitation
- Initial and final physiotherapeutic assessment
- Group or individual physiotherapy exercises
- Hydrotherapy
- Electrotherapy
- Thermotherapy
- Magnetotherapy / Laser therapy

### **IMPLEMENTATION PLAN:**

- Initial examination by a specialist in physical medicine and rehabilitation
- Physiotherapy program
- Final examination by a specialist in physical medicine and rehabilitation

### **MULTIDISCIPLINARY TEAM:**

- Specialist in physical medicine and rehabilitation
- Physiotherapist
- Nurse

This program is intended for individuals suffering from acute or chronic conditions resulting from rheumatic diseases.

The physiotherapy program consists of initial and final examinations by a specialist in physical medicine, who prescribes therapy based on indications. Group or individual physiotherapy exercises are conducted alongside initial and final physiotherapeutic assessments. Electrotherapy procedures and magnetotherapy or laser therapy are applied based on the specialist's recommendations. Thermotherapy is administered as paraffin wraps or fango therapy, depending on whether the disease is in an inflammatory phase. Hydrotherapy is provided either as group therapy in a thermal water pool or as individual hydrotherapy in the form of four- or two-cell galvanic baths with thermal water.

The duration of the program is 21 days for hospital-based rehabilitation or 10 days for rehabilitation conducted on an outpatient basis, after which therapies may be extended for an additional 10 days upon the recommendation of the specialist in physical medicine. The goal of the program is to reduce pain and numbness, increase mobility, and strengthen muscles.

