

REHABILITATION SWIMMING POOL

Exercise in a rehabilitation swimming pool is conducted in brine from the spring of Saint Wojciech in Sopot.

BENEFITS:

- alleviation of pain,
- exercise in brine results in congestion and better nourishment of joints,
- brine+ warm water has relaxing and analgesic properties,
- exercise in brine pools strengthens muscles and their endurance, and relaxes pathologic tensions,
- brine inhalations improve the condition of the upper respiratory tract,
- improvement of the general efficiency of an organism and motor coordination,
- weight loss,
- improvement of general comfort and mood (psychophysical relax).

INDICATIONS:

- wellness,
- boosting immunity and vitality,
- osteoarthritis and spondyloarthritis,
- ankylosing spondylitis,
- rheumatoid arthritis at the stage of remission,
- conditions after musculoskeletal traumas,
- conditions after ortophedic surgeries,
- skin diseases - psoriasis.

Treatments in a brine swimming pool are to prevent, treat and protect psychophysical health.

Exercise lasts 30 minutes and is led by a professional physiotherapist.

Time: 30 minutes

CRYOGENIC CHAMBER

Cryotherapy is a natural therapy which has no side effects. It enables regeneration due to inducing well-being, relaxing muscles, triggering congestion of tissues which results in regression of edema and exudation. It inhibits inflammation processes and relieves pain, it improves the functional state of sore joints, increases not only muscular tension, but also their strength and efficiency. A cryogenic chamber should be used as a complementary treatment in rheumatology, after injuries and surgeries, in spastic palsy and multiple sclerosis.

Among pluses of a cryogenic chamber we can also mention its beneficial influence on psyche – we can notice better mood, the feeling of depression and weariness disappears. Due to a multisystemic stimulation, it slows down the process of ageing, supports fighting obesity and cellulite.

The chamber consists of a connected system of three cryogenic chambers including two preliminary ones where the temperature is from -10°C to -60°C , and the main chamber where the temperature is from -110°C to -120°C . Such a system allows optimal control and dosage of a healing factor which is cold air. The system is supervised by a computer which monitors all the parameters displaying them on the steering screen including the image from the inside cameras. There is an audio and visual contact with a patient who remains in the chamber.

Patients who undergo systemic cryotherapy should remain in the chamber in bathing suits and wearing some ear protection, gloves, socks and shoes. At the place, a patient receives a mask to protect their mouth and nose. The treatment lasts from 2 to 3 minutes and may be done 1 to 2 times a day. After leaving a cryogenic chamber, patients warm up for approximately 30 minutes exercising in the gym under the supervision of a therapist. There should be from 10 to 40 treatments in one series.

A patients should consult a doctor or have a medical referral before using a cryogenic chamber.

BENEFITS:

- antiphlogistic and analgesic effects,
- relaxation of muscles,
- improving the condition of joints and muscles

- regression of skin lesions in dermatosis,
- regression of itching,
- immunoregulatory effects,
- improvement of comfort and mood,

INDICATIONS:

- acute and chronic rheumatoid disorders:
 - rheumatoid arthritis,
 - psoriatic arthritis,
 - fibromyalgia,
 - ankylosing spondylitis,
 - DNA,
 - secondary inflammation of joints,
 - osteoarthritis,
 - spinal pain syndrome - intervertebral discs,
 - shoulder impingement syndrome, tennis elbow,
- collagenase,
- neurological diseases:
 - spastic paresis,
 - multiple sclerosis,
 - Parkinson's disease,
- osteoporosis - prevention,
- rehabilitation after surgeries of joints and spine,
- post-traumatic and overuse syndrome in sports people,
- obesity, cellulite,
- depression,
- wellness,

COUNTER-INDICATIONS:

- heart and circulatory diseases,
- glaucoma,

- sensitivity to cold,
 - hypothyroidism,
 - claustrophobia,
 - polyneuropathies,
 - cryoglobulinemia,
 - paroxysmal hemoglobinuria:
- heart failure,
- arrhythmias,
- uncontrolled hypertension,
 - kidney and bladder diseases,
 - Raynaud syndrome,
 - Cancers

Time: 33 minutes

INFRARED SAUNA

An infrared sauna is an alternative for people who cannot use a traditional sauna which is characterized by high temperatures and humidity.

Similarly to a traditional one, an infrared sauna emits warmth but the used infrared energy warms directly the body, not the air. Due to this fact, even 80% of energy penetrates our organism.

In contact with the body, infrared transforms into warmth and warms the subcutaneous adipose tissue, muscles and organs that is why it is more effective and lets the sauna operate in lower temperatures (from 25 to 75°C). Due to lower temperatures, such a séance may last longer and be more beneficial to health and figure.

Frequent using of an infrared sauna enables eliminating excess fat due to the inflow of energy which stimulates metabolism.

An infrared sauna guarantees more efficient circulatory system, healthy and firm skin, weight loss and fitness. Regular séances in an infrared sauna significantly influence the reduction of cellulite caused by bad placement of fat, water and products of metabolism in skin. The warmth of infrared which causes intensive sweating enables removing water, fat (20%), cholesterol, heavy metals, acids and toxins. An effect of such a detoxification is reduced cellulite and smooth, clean and healthy skin. Strenuous trainings in the gym may be substituted with 30-minute séances during which an organism will burn from 600 to 2400 kcal - 3 times as much as in the case of traditional jogging.

BENEFITS:

- purification - infrared eliminates excess of subcutaneous salt and fat. Sweating in lower temperature triggers sweat glands and increases the secretion of toxins from skin.
- relief in pain - infrared accelerates blood circulation which results in better oxygenation of an organism. Improved blood circulation decreases inflammations, removes pain and helps to recover. It is especially advisable in the case of bursa, rheumatoid arthritis, arthritis and hemorrhoid; it is also recommended in the case of skin diseases such as psoriasis, eczema and scars.
- Relaxation and recreation – warmth significantly influences relaxation of body and mind.

SOME BENEFITS OF INFRARED SAUNA:

- boosting the immune system and the immunity to infections,
- removal of toxins,
- elimination of cellulite,
- supporting weight loss,
- improvement of the look of skin,
- improvement of the hormonal system,
- improvement of mood,

INFRARED SAUNA SHOULD NOT BE USED BY PEOPLE WHO:

- have open wounds,
- suffer from eye diseases,
- are after serious sunburns,
- are under an influence of alcohol.

OTHER CONTRAINDICATIONS:

- pregnant women,
- elderly and weakened people (especially sick ones),
- small children.

Additional information:

In 2008, during the renovation was discovered a cabin for hydrotherapy under the floor of the infrared sauna. The cabin like the hospital building dates back over 100 years. The tiles of the cabin preserved in a very good condition. 100 years ago, when the device was working, the Kneipp method was used there.

Time: 30 minutes

PHYSICAL THERAPY

Physical therapy indicates therapies with various forms of physical activity in the prevention and treatment of rheumatic, orthopedic and neurologic diseases.

GENERAL PREVENTIVE REHABILITATION GYMNASTICS

45 minutes of gymnastics accompanied with music.

GROUP GYMNASTICS

Exercise led by a physiotherapist in particular disease classifications, disc lesion, rheumatoid arthritis, ankylosing spondylitis, exercises of hands and feet.

NON-WEIGHT GYMNASTICS

Increasing the range of movement in joints, strengthening muscles and unweighting affected areas of joints.

THE GYM

Exercise on various kinds of equipment which enable general strengthening, strengthening of muscles and increasing the range of movement in joints of the osteoarticular system.

Time: 45 minutes

SCOTCH DOUCHE

This is a radical treatment, strongly stimulating and irritating. It is based on the contrast application of cold and warm streams of water from a distance of 3-4 meters. It starts with a warm stream (38 – 42°C) which lasts 30 seconds and is followed by a cold one (16° - 18 °C) which lasts 5 - 10 seconds.

An alternating application is repeated several times, first in the area of upper and lower extremities and then on the torso and belly, always from the frontal as well as rear side (the procedure is not applied on the area of breasts and genitals). The treatment ends with a cold shower.

TREATMENT'S EFFECTS:

- toning and stimulation of skin,
- improving the blood supply of tissues,
- elimination of toxins,
- relaxation of muscles,
- feeling of skin well-supplied with blood,
- enhancement of the immunity of an organism,
- supporting metabolism,
- immunostimulatory effects.

INDICATIONS:

- diseases of the locomotor system,
- muscle pain,
- fatigue,
- functional disorders of blood circulation,
- neurovegetative dystonia,
- psychological and physical regeneration and relaxation,
- boosting the immunity of an organism.

COUNTERINDICATIONS:

- tendency to hematomas,
- heavier hypertension,
- more serious heart and vessel diseases (including chronic ones),
- heavier osteoporosis,
- varicose veins of lower extremities.

This method is also used as a cosmetic treatment which is very effective. Scotch douche is a slimming, firming and anti-cellulite treatment which also improves blood circulation because it:

- stimulates metabolism,
- is anti-cellulite.

If there are no counter indications, a person might undergo such a treatment even every day.

Time: 5 minutes

CLASSICAL MASSAGE

The most commonly used physiotherapeutic treatment on skin, tissues, muscles, joints, the circulation system and the nervous system.

Time: 10 minutes

MASSAGE WATERBED

A mechanical massage on a modern waterbed which gives full relaxation of tense muscles. 50 different programmes let you choose a massage on a particular part of the body, of different pressure and any speed.

Time: 10 minutes

AROMATIC BATH

A bath with aromatic oils used while treating rheumatic diseases which has either soothing or stimulating influence on the nervous, respiratory system and skin.

Time: 15-20 minutes