



Special Medical Rehabilitation Hospital KALOS

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Program/group of medical wellness programs implemented in Special hospital for medical rehabilitation KALOS for the purpose of preserving and improving overall health and quality of life

Medical wellness programs include the implementation of health-preventive and therapeutic programs and services that offer and ensure measurable results. Each program begins and ends with the initial and final consultation of the doctor. At the initial one, the type and rhythm of implementation of a particular treatment is optimized, given that the time limits for the execution of the program have been defined, and at the final consultation, the outcomes or results of the implemented treatments on health as a whole are evaluated.

The advantages of medical wellness programs are rest, relaxation and revitalization, restoring the psycho-physical balance of the body, regulating body weight, improving the mobility of the locomotor system, encouraging healthy lifestyle habits and raising awareness of a healthy life.

The following wellness program is implemented in the Special Hospital for Medical Rehabilitation KALOS:

1. Relaxation and revitalization program group:

- **"Maxi health program"** –it includes a manual aroma massage lasting 20min with lavender, lemon or orange essential oil; lymphatic drainage of the face lasting 30min; reflex massage of the feet lasting 30min, a complete underwater massage in the bathtub lasting 20min; therapeutic magnetic resonance for 20min.
 - o Implementation time 3-5 days. It begins with the consultation of a doctor of medicine - a specialist, after which the master of physiotherapy prepares the plan and schedule of the program.
 - o The program is carried out by a bachelor's degree in physiotherapy/physiotherapy technician and a certified bachelor's degree in physiotherapy for lymphatic drainage, a certified physiotherapy technician for reflex foot massage.
- **„Mini health package“** –it includes a manual aroma massage lasting 20min with lavender, lemon or orange essential oil; lymphatic drainage of the face or reflex massage of the feet lasting 30min, therapeutic magnetic resonance for 20min.
 - o Implementation time 1-3 days. It begins with the consultation of a doctor of medicine - a specialist, after which the master of physiotherapy prepares the plan and schedule of the program.



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- o The program is carried out by a bachelor's degree in physiotherapy/physiotherapy technician and a certified bachelor's degree in physiotherapy for lymphatic drainage, a certified physiotherapy technician for reflex foot massage.

- **„Antistres program“** – it includes exercise on devices (stepper, orbitrek, ergobicycle, walking tape) for 45min (5x); swimming in a pool with heated sea water for 45min (5x); treatment with sheet metal wraps on the whole body for 20min (5x); relaxation aroma massage of the whole body with lavender, lemon or orange essential oil for 30min 3x); complete underwater massage in the bathtub lasting 20min (2x); reflex massage of the feet lasting 30min (2x); hot-stone body massage lasting 40min (1x); therapeutic magnetic resonance imaging lasting 20min (3x), treatment by a psychologist for 2 terms x45min (treatment includes counseling, relaxation techniques, learning about early recognition of negative stressors and stress symptoms, adoption of stress-solving techniques and strategies for dealing with stress, action to prevent physical and mental disorders caused by stress in order to undermine the quality of life).
 - o The program is implemented over 5 days. It begins with the consultation of a doctor of medicine - a specialist, after which the master of physiotherapy prepares the plan and schedule of the program.
 - o The program is carried out by a bachelor's degree in physiotherapy/physiotherapy technician and a certified physiotherapy technician for reflex foot massage and a certified physiotherapy technician for hot-stone massage, a health associate – psychologist (prof. psychology).

- **Maxi package „Relax“** –includes acupressure back massage, trigger point back massage, cupping back massage, full body stretching, exercise on devices (stepper, orbitrek, ergobicycle, walking tape) for 30 minutes.
 - o The program is implemented over 3-4 days. It begins with the consultation of a doctor of medicine - a specialist, after which the master of physiotherapy prepares the plan and schedule of the program.
 - o The program is carried out by a bachelor's degree in physiotherapy and physiotherapy technicians with a certificate in the mentioned massages – acupressure technique, trigger point technique, cupping technique, stretching technique.



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- **Mini Package „Relax“** –it includes acupressure back massage, trigger point back massage, cupping back massage, exercise on devices (stepper, orbitrek, ergobicycle, walking tape) for 30 minutes.
- The program is implemented over 3 days. It begins with the consultation of a doctor of medicine - a specialist, after which the master of physiotherapy prepares the plan and schedule of the program.
- The program is carried out by a bachelor's degree in physiotherapy and physiotherapy technicians with a certificate in the mentioned massages – acupressure technique, triggerpoint technique, cupping technique.

2. Anti-cellulite wellness program

The program includes exercise on devices (stepper, orbitrek, ergobicycle, walking tape) lasting 45min (5x); swimming in a pool with heated sea water for 45min (5x); treatment with sheet metal liners on the whole body for 20min (3x); complete underwater massage in the bathtub lasting 20min (2x); anti-cellulite lymphatic drainage lasting 90min (2x), manual massage of the whole body with the use of essential oils of lavender, lemon and orange for 30min (3x).

- The program is implemented over 5 days. It begins with the consultation of a specialist doctor of medicine, after which the master of physiotherapy prepares the plan and schedule of the program.
- Certainly, the first nutritional treatment with the final consultation of the nutritionist is included in the program.
- The first nutritional treatment includes nutritional status assessment, anthropometric measurements and nutritional history (measurement of body height, body mass, determination of body mass index, basal metabolism, measurement of waist and hip circumference, measurement of skin folds with a caliper, insight into eating habits), analysis of body composition, preparation of a diet plan, giving advice and guidelines for nutrition, and at the end of the program follows the final consultation of the nutritionist.
- The program is implemented by a bachelor's degree in physiotherapy/physiotherapy technician and a bachelor's degree in physiotherapy certified in lymphatic drainage and a nutritionist.



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3. „Weight loss program“

The program includes exercise on devices (stepper, orbitrek, ergobike, walking tape) for 45min (5x); swimming in a pool with heated sea water for 45min (5x); treatment with sheet metal liners on the whole body for 20min (5x); manual massage of the whole body with the use of essential oils of lavender, lemon and orange for 30min (2x); lymphatic drainage with a device lasting 30min (2x); therapeutic magnetic resonance for 20min (2x).

- The program is implemented over 5 days. It begins with the consultation of a doctor of medicine - a specialist, after which the master of physiotherapy prepares the plan and schedule of the program.
- Certainly, the first nutritional treatment is included in the program; creation of a diet plan for 7 days and final consultation of the nutritionist.
- The first nutritional treatment includes nutritional status assessment, anthropometric measurements and nutritional history (measurement of body height, body mass, determination of body mass index, basal metabolism, measurement of waist and hip circumference, measurement of skin folds with a caliper, insight into eating habits), analysis of body composition, creation of a diet plan for 7 days, giving advice and guidelines for nutrition, and at the end of the program follows the final consultation of the nutritionist.
- If necessary, a consultation – consultation with a psychologist can be carried out.
- The program is carried out by a bachelor's degree in physiotherapy/physiotherapy technician and a bachelor's degree in physiotherapy certified in lymphatic drainage, a health associate – psychologist (prof. psychology) and a nutritionist.