



الشركة اليمنية للعلاج الطبيعي والخدمات الطبية جمهورية التشيك

www.akram.cz

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العلاج بالشرب

Drinking cure - Bílinská kyselka

The “Bílinská kyselka” drinking cure is a weekly treatment used for stabilization of the inner environment and digestive tract when using medicaments for locomotive system ailments, treatment of urinary acid metabolism ailments (gout), for the treatment of functional stomach diseases and the upper part of the large intestine, the treatment of inflammation of upper and lower airways, etc. Bílinská kyselka is administered in two doses, total daily dose is 700 ml.

العلاج بالابر الغازيه

Gas injections

The basis of the effects of gas injections are the use of carbon dioxide (CO₂) to the subcutis, extension of blood vessels and releasing muscle tension. The reduced soreness increases locomotion of joints.

العلاج بالاستنشاق

Inhalation

For improved functioning of the mucous membrane of the respiratory system, we mainly use Vincentka mineral water and in case of more serious difficulties, the mineral water is topped up with medicaments. The procedure improves the quality of breathing and aroma baths are a suitable additional treatment.

Oxygenotherapy

The treatment consists of inhaling oxygen for one hour, taking vitamins and mineral water. Oxygenotherapy is helpful for strengthening the immune system, improving health and decelerating mental and body ageing. Aeration of tissues and organs using this method also has a long-term and positive effect on the heart, brain and lungs.

العلاج بالكهرباء والمغناطيس والليزر والضوء

Circuplode galvanism

The principal effect of such devices is electric-current therapy led to the human body by touch. The treatment reduces pain and improves the possibilities and scope of movement. The procedure takes 10 minutes. Throughout the application, you will feel heat in the tissue being treated.



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Complex magnetic therapy galvanism

As opposed to normal magnetic therapy, the complex one combines two circuits in one treatment to achieve more complex effects. The therapy uses low frequencies and invokes changes to the electromagnetic and bio-chemical condition of cells and tissues. Pulse magnetic therapy is successfully used for clients with endoprosthesis. It is used after accidents, surgery and for acute lumbago

Cryotherapy

The procedure is used in treating acute inflammations and haematomas. It involves treatment by chilling and is used locally.

Curadar galvanism

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Curapuls galvanism

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Dia-dynamic currents galvanism

The principal effect of such devices is treatment through direct and impulse current led to the human body by touch. The DD currents have hyper-emission, analgesic, anti-dropsy, anti-inflammation and relaxation effects.

Endomed galvanism

The 15-20-minute procedure uses the effects of low-frequency electric currents stimulating the striated and smooth muscles. As needed, the galvanism releases or increases muscle tension and promotes blood circulation in tissues.

Laser

Laser therapy is mainly used for faster regeneration of treated tissue and wound healing. It works via local heating of the tissue and its bio-stimulation. The cells regenerate more quickly and healing is usually less-time consuming.

Magnetic therapy galvanism

"Therapy using a pulse magnetic field based on low frequencies invokes changes to the electromagnetic and bio-chemical condition of cells and tissues. Pulse magnetic therapy is successfully used for clients with endoprosthesis. It is used after accidents, surgery and for acute lumbago."



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Phototherapy

Through full-spectrum light with properties similar to sunlight, your hormonal balance and physiological processes will be fine-tuned mainly in autumn and winter. It will increase your level of activity, mood and support your body's immune system.

Phyaction galvanism

This procedure uses interference currents that stimulate and work out the affected muscles. The device is used for acute and chronic ailments of joints, backbone ailments, alleviating post-surgical pains and last but not least, stimulating weakened muscles after surgery.

Pulse signal therapy

This treatment occurs without pain in 9 60-minute sittings one following another, day after day. The patient sits or lies down on a bed. The affected joint is placed in specialized coils, from which strong, pulse signals emanate. Throughout the application there is a feeling of relaxation and pain relief. Particularly good for inflammatory and degenerative afflictions of the vertebrae and joints following injuries.

Radarmed galvanism

The principle is based on micro-wave diathermy which works deep in the tissues. When going through the tissue, the micro-waves heat up the treated area. The treatment improves movement possibilities, reduces pain mainly in post-accident and post-surgical conditions. The procedure takes 10 minutes and you will feel heat in the tissue being treated.

Ultrasonic therapy galvanism

Ultrasound promotes blood circulation and nurtures tissues. The result is better activity in the lymphatic system, relaxing of muscle contractions, muscle relaxation and pain relief.

Solux galvanism

During this procedure, infra-red light is applied locally, usually from a distance of 50 cm for 10 – 15 minutes. The light is perceived as heat that also warms up deeper tissues, relieves them and helps in removing pain and aiding faster healing.

العلاج بالتمارين الفردية

Fitness

Fitness serves to make the body healthier in general, to strengthen, stabilize, and stretch weakened and shortened muscles. Fitness is a suitable means for overweight reduction and physical relaxation.



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Group exercises

Similarly to individual exercises, these will improve your locomotive skills. Each group consists of up to eight clients with similar health ailments.

Individual exercises

In a 20-minute procedure and under the supervision of a qualified physiotherapist, you will successively learn exercises focused on problem areas. The intensity of the exercises and their composition is individually corrected and adjusted. Repeated exercising will be well retained in your memory and after you return home, you can extend the positive effects of the spa stay.

Individual swimming pool

Individual exercises in natural mineral water, 15 – 20 minutes with subsequent dry pack requiring increased activity. Stretching and working out your muscles and relaxing of joints leads towards improved performance of your locomotive organs whilst being uplifting.

Group swimming pool

Group exercises in natural mineral water uses the relaxing effect of thermal water. In combination with your body activity, movement of your body will increase.

العلاج بتمارين الاجهزه

Mechanical therapy - Fitness

The basis is rehabilitation exercises on various machines. The stationary bicycle is used for strengthening muscles of lower limbs. The motomed is used mainly for the rehabilitation of wheelchair-bound patients with residual, spastic or weakened muscles. The other workout machines using graduated weights focus on the back muscles and are used for forming muscles.

Moto-splint

The moto-splint is used for warming up a limb and extending the joint scope in the treatment of postaccident and post-surgical conditions. The machine rehabilitates the limbs using its own drive according to individual client needs.

Packheater thermal therapy

Mainly for reducing spasms, contractions and shortened muscle structures, we use pads filled with a rock of volcanic origin that can absorb and keep heat for long time.



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العلاج بالتدليك

Hand massage

Traditional hand massage, it takes 20 minutes with respect to the health condition of the client. The massage promotes blood circulation in tissues, heats and relieves the muscles, brings peace, a feeling of relaxation and refreshment.

Reflexive massage

This is a highly specialised manual treatment of the body surface applied to the location of derivative changes. Special techniques and grasps stimulate points, positively influencing functional degenerative and derivative diseases of the locomotive system. It has a positive effect on internal organs as well.

العلاج بالتدليك المائي

Underwater massage

Water-treatment procedure when the physiotherapist carries out an underwater massage with water streams from the massage jet. It heats up tissues, helps muscle relaxation, improves locomotion of the joints. The massage is followed by the feeling of relaxed muscles and pleasant fatigue.

Water massage - whirlpool bath

A tub bath associated with water massage flowing from nozzles around the tub perimeter at a temperature of 37-38 ° C. The bath takes 20 minutes. After the bath you get a complete, natural feeling of muscle relaxation. This is particularly helpful for chronic inflammatory and degenerative afflictions of the joints and backbone, for psychological relaxation and reducing pain.

Water massage with lifting device - whirlpool bath

A tub bath associated with water massage flowing from nozzles around the tub perimeter at a temperature of 37-38 ° C. The bath takes 20 minutes. After the bath you get a complete, natural feeling of muscle relaxation. This is particularly helpful for chronic inflammatory and degenerative afflictions of the joints and backbone, for psychological relaxation and reducing pain. A lifting device is available for handicapped clients.



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Hydrogalvan galvanism

A procedure using direct current – legs are submerged in water and through inverse polarization of the upper and lower limbs, muscle tension is regulated, thus promoting blood circulation in the limbs. In combination with water, pain is reduced and depending on the polarization type, the procedure has either stimulating or sedative effects.

Hydroxer

An intensive underwater massage effected through fine water sprays saturated with air. This is particularly helpful for chronic inflammatory and degenerative afflictions of the joints and backbone, blood vessel diseases, for psychological relaxation and reducing pain.

العلاج بالمياة الطبيعیه المعدنيه

Carbonic bath in a bag

Gas carbonic bath administered on a bed in an airtight PVC bag. The bag is filled with gas from a pressurised cylinder. Suitable for chronic ailments of blood vessels in problems with blood circulation, diabetes, hypertension, chronic diseases of joints, backbone and for relieving pain.

Scottish sprays

Alternate application of hot and cold water sprays from a jet on the whole body in a specific cycle. It helps blood circulation issues and ailments of the locomotive system. An ideal procedure for better mood and relaxation.

Swimming pool

Swimming and movement in natural mineral water uses the relaxing and relieving effect of thermal water. You can use massage jets at any height for different body parts, whirlpool baths or counterflow swimming in the Beethoven bathhouse. In combination with your body activity, movement of your body will increase.

Thermal bath

A bath in natural mineral water has regeneration and relaxation effects and is very suitable as a preparation for massage. The trace elements in the mineral water accelerate the removal of harmful substances and have anti-stress effects.

Whirlpool bath

A relaxing bath with a sedative effect may be helpful as preparation for a massage. Air bubbles cause pleasing excitation and release psychologically-based muscle tension.



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Whirlpool bath for lower limbs

The whirlpool bath for lower limbs is a massage done under water using fine nozzles and water stream swirling. It promotes blood circulation of the limbs and metabolism in tissues.

Whirlpool bath for upper limbs

The whirlpool bath for upper limbs is a massage done under water using fine nozzles and water stream swirling. It promotes blood circulation of the limbs and metabolism in tissues.

Contrast bath of lower limbs

Micro-massage of upper and lower limbs using thin water streams. Suitable for promoting blood circulation and pain relief for joint diseases.

Contrast bath of upper limbs

Micro-massage of upper and lower limbs using thin water streams. Suitable for promoting blood circulation and pain relief for joint diseases.