

PROGRAM COMPOSITION: REHABILITATOR PHYSICIAN CONSULTATION, REHABILITATION PLAN SPECIFICATION AND SUPERVISION BY A PHYSICIAN DURING THE COURSE OF REHABILITATION INITIAL PHYSIOTHERAPIST CONSULTATION AND REHABILITATION PLAN SPECIFICATION (30 MIN.) THERAPEUTIC EXERCISES WITH A PHYSIOTHERAPIST (30 MIN.) 3X PSYCHOLOGIST INDIVIDUAL LESSON (30 MIN.) OR A DANCE MOVEMENT THERAPIST LESSON IN GROUP (45 MIN.) UNDERWATER MASSAGE (20 MIN.) 3X OVERALL TONING MASSAGE (80 MIN.) 2X NORDIC WALKING OR DOSED LOAD ON AN EXERCISE



Program composition:

- Rehabilitator physician consultation, rehabilitation plan specification and supervision by a physician during the course of rehabilitation
- Initial physiotherapist consultation and rehabilitation plan specification (30 min.)
- Therapeutic exercises with a physiotherapist (30 min.) 3x
- Psychologist individual lesson (30 min.) or a dance movement therapist lesson in group (45 min.)
- Underwater massage (20 min.) 3x
- Overall toning massage (80 min.) 2x
- Nordic Walking or dosed load on an exercise bike
- Accommodation in a standart one bedroom room with breakfast
- Lunch and dinner

Offer price:

6 days: 514.25 Eur

Offer valid from 01.08.2024.-30.09.2024.

TRIP DATES

TRIP DISTANCE

1 km

PRICE: **514.25 EUR** / 605 EUR
