

## BONE-JOINT PROBLEMS IN LĪGATNE REHABILITATION CENTRE



**Program content:**

- Rehabilitator physician consultation, rehabilitation plan specification and supervision by a physician during the course of rehabilitation
- Physiotherapist initial consultation and rehabilitation plan specification (30 min.)
- Therapeutic exercises in a group (30 min.) 3x / 5x
- Dosed load on an exercise bike or kinesiology taping or Nordic Walking 2x / 3x
- Neck or sacrum or foot/shin or palm/forearm massages ( 20 min.) 2x / 3x
- Physical therapy procedures 4x / 7x
- Mud applications (2 spots) 5x / 10x
- Foot or hand baths with essential oils or bath with sea salt 3x / 10x
- Healthy tea for joints – thermos 3x / 5x
- Accommodation in a authentic quadruple two-room bedroom breakfast
- Lunch and dinner

**Offer price:**

**6 days:** ~~508.00 €~~ **431.80**      **10 days:** ~~916.00 €~~ **778.60**

Offer valid from 01.04.2025.-31.05.2025.

**Apply for the program:**

+371 64161917, +371 26431450

Special offers: <https://rehcentrsligatne.lv/en/akcijas/>

Medical Institution Code: 4212-00001

**TRIP DATES**

**TRIP DISTANCE**

1 km

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**PRICE: 778.6 EUR** / 916-EUR

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