TREATMENT, REHABILITATION

with the best equipment in Europe

An offer suitable for:

- Everyone willing to improve their health and longevity
- Everyone who needs rehabilitation and detoxification of the body
- Retired and elderly citizens
- People staying in nursing homes, who can be looked after by doctors and rehabilitators in the short or long term

THE RESULT

After rehabilitation held at our hospitals and a complex balneo-physical program and detoxification of the organism and the lymphatic system that we apply:

- **Restore** the motor abilities
- **Slow down** the processes of premature aging and the degenerative processes
- **Stimulate** functional abilities in life and secure an active longevity
- **Strengthen** the body and immune system
- **Reinforce** the life functions
- **Increase** the protection against harmful influences of the environment in all age categories
MEDICAL TEAM
The medical team is led by Professor Doctor Tsvetan Dimitrov – world renowned Bulgarian scientist who has specialized in the fields of Internal Diseases and Kidney Diseases. One of the most successful nephrologists, a complex clinician, internist and diagnostician – the leading in Bulgaria. Republican consultant in nephrology. He has 23 inventions and rationalizations in the sphere of medicine and is a co-author of the ninth invention of Bulgaria, written in the “Golden Book” of Bulgaria’s inventors. A member of the Union of Bulgarian Workers and the New York Academy of Science.
Other specialists include: doctors, rehabilitators, mud-, water- and salt-treating specialists and kinesitherapists.

TREATMENT
Illnesses that we cure are: disorders of the peripheral nervous system, central nervous system, musculoskeletal system, such as rheumatism, arthritis, osteoporosis in immobilization and other diseases, arthrosis with exostosis of large and small joints of the vertebrae in all departments of the spine and intervertebral disc disease, diseases of bones and joints: shoulder, elbow, hip, knee, ankle, feet, conditions after injuries and fractures. Comorbidities: hepatobiliary – after-hepatitis conditions cirrhosis at baseline, diabetes; anemia; cardiovascular, renal and urological, gastrointestinal, endocrine, obesity with metabolic disorders, etc..

THE TEAMS OF SPECIALIZED HOSPITALS FOR REHABILITATION NESSEBAR AND RHODOPI OFFER YEAR ROUND MEDICAL SERVICES PERFORMED BY A HIGHLY QUALIFIED STAFF, ATTRACTIVE MEDICAL TOURIST PACKAGES FOR EVERYBODY WILLING TO RECEIVE AN ADEQUETTE CUSTOMIZED INDIVIDUAL PROGRAM
SPECIALIZED HOSPITALS FOR REHABILITATION “NESSEBAR” AND “RHODOPI” offers a wide variety of therapeutic procedures, up-to-date medical appliances, top quality services with which you can purify your body and strengthen your health.

1. Physical therapy, motor and psychological rehabilitation

PHYSIOTHERAPEUTIC PROCEDURES – magnetic therapy, ultrasound, iontophoresis, interferema, thermo salt - treatment with thermal salts, electricity and light, electrophoresis and electrostimulation; thermotherapy, paraffin, acupuncture, ice treatment; inhalations, diadynamic; deep oscillation, laser therapy, therapeutic massage - manual and mechanical, hydro massage, vibromassage, Lymphatic drainage, neck massager, acupressure; Mud–, salt- and climate-treatment

**Interference stimulator** - Computerized electromagnetic interference stimulator. Using computer-controlled electrical pulses to stimulate interactions between cells and damaged soft tissue nerve to eliminate the pain. Has shown great results for chronic disc pain, joint pain and muscle regeneration after operating-analgesic effect.
MAGNET - designed for therapy with magnetic fields. It is used to treat inflammatory conditions, trophic sores, thrombophlebitis, bronchial asthma, urticaria, scleroderma, inflammatory processes in the joints, inflammation of the genital area, neuritis, radiculitis and similar problems.
Electrotherapy - non-invasive therapeutic method based on the electric current that passes through human tissue. Electric current is applied using electrodes placed on the skin of the patient. Using electrotherapy was adopted in: rehabilitation of acute and chronic pain, treatment of neuromuscular dysfunctions, improving mobility, reducing acute and chronic inflammation, improvement of blood flow in the periphery and wound tissues.
**Vacuum unit** - designed for easy mixing of electrodes for electrotherapy. Using fixing vacuum pads to the patient's body is extremely easy.

**Therapeutic ultrasound** - used in acute traumatic and inflammatory diseases, chronic rheumatism and arthritic conditions, and pain relief. Used in phonophoresis - transmission of drugs through the skin by the action of ultrasound. Galvanic output is used for **iontophoresis** - penetration of drugs through the skin using an electric current.

2. Mud-, salt- and climate-treatment
3. Massages

**Massage bed** - with water pressure - dry massage type system, where the patient is completely relieved. The bed is equipped with 6 different types of massage sequences, 5 degrees of water pressure and silicon wafer. This product has significantly better performance and characteristics than existing massage beds with water pressure. The system helps to relax the muscles, speed up metabolism, and stimulate blood circulation. Used as an alternative treatment for nerve inflammation and joint pain.

**Therapeutic massage** - manual and mechanical
15 and 30 min Classical partial and 60 min Classical full massage
Compression Therapy System / Lymphatic drainage / - the usage of boring sleeves that help blood circulation and prevent blood clots. Is used for swelling of the lymph nodes, paralyzed limbs, convulsions, limb, chronic diseases of the veins, fat loss, rheumatoid arthritis, improves intestinal peristalsis, numb hands and feet, decreases stress, simulates effect of exercise, desire for supple skin and healthy body.

MASSAGE COLLAR

Relaxation in increased muscle tone, reduction of pain syndrome, refreshment of the mind, lowers high blood pressure and improves the cardiovascular system.
Physiotherapy involves the application of means of physical culture in the patient with medical and preventive measures for the rapid and full recovery of his/her health and the ability to work to overcome and prevent the effects and complications of the pathological processes. Physiotherapy is recommended for prevention of a number of diseases and injuries:

- occupational traumas
- outside factors that have caused disorders in the spine
- an immobile lifestyle
- neck, back and waist pain
- early stages of herniated disc
- scoliosis, flat or round back, ankylosing spondylitis, radiculitis
- pain after hard workouts
- clip - pinching of spinal nerve
- compression fractures of the vertebral bodies
- complex curved spine
- recreation complex exercises
- special exercises
- stir in professional beliefs and blockages

**4. Kinesitherapy and healing gymnastics**

*We teach our patients exercises to do at home after leaving the hospitals for extending the effect of rehabilitation*
Means of the healing gymnastics for scoliosis

Hanging down – hanging down from a Swedish wall or even from a regular lever responds extremely well to the spine. It is known that pre-scoliosis and scoliosis of first degree are smoothened during prolonged hovering (i.e. the spine takes that assigned by nature position in the frontal plane).

Isometric contractions of paravertebral muscles. Isometric exercise itself is a perfect way to strengthen the weakened muscles. Therapists will suggest the best option for isometric tension of muscles hooked spine.

Breathing exercises; Self correction in front of a mirror; Walking on heels and toes, walking with the subject head. Tightly standing up against a wall, for maximum straightening the patient seeks to touch both heels, gluteal muscles, scapulae and shoulders, as well as the occipital part of the head. Do not strive to touch the rear because this will smooth the physiological cervical lordosis (Calling is normal to have her there).

Exercises from knee stand.
DENTAL PREVENTION, CORRECTION, TREATMENT - Along with organized recreation and/or excursion if desired, and upon request, we can provide services in the field of surgical, aesthetic and prosthetic dentistry.

Special program for treatment and regeneration of bones, joints and post surgery interventions – in abnormal bone structure, the establishment of the program and the implementation of the treatment has led 85% of patients to achieve the necessary bone stabilization and avoid surgical intervention.
- Restore mobility in elderly
- Improved weight - weight loss programs

Special program to slow cell aging:
- Preventive medicine – complete research and development
Program for correction of biochemical indicators leading to disease
- Individual diet, combined with optimized medical sport
- Detoxification of the body - lymphatic massage, cleansing of the lymph system, restoring circulation and stopping inflammation.

Online diagnostics 24/7 - prevention of cardiovascular diseases! Monitoring in real-time, early detection of symptoms and deteriorating vital signs. SHR Nessebar & SHR Rhodope - the place, where during physiotherapy we monitor your heart activity and we design an individual therapeutic program in accordance to each patient's condition.

Program 120 – “Each person who strictly follows the program can easily reach 120 years of age” – Professor Dimitrov

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Accommodation:

2, 3 and 4 star bases with highly qualified personnel capable of offering attractive medical tourist packages for demanding patients.

The Team of SHR Nessebar provides: Accommodation facilities in double rooms, studios and apartments with spectacular sea view, 150 meters from the beach.

The Team of SHR Rhodopi provides: Accommodation facilities located in the town of Rudozem in the heart of the natural array Rhodopes, 100 km from the beaches of northern Greece 50 km from the ski area of Pamporovo.

Possibilities: trips to the many ancient villages and temples from antiquity, architectural and ethnographic complexes representing Bulgarian customs and culture, traditional Bulgarian cuisine prepared with organic products.

Restaurants offer a friendly and informal atmosphere as well as a rich variety of traditional Bulgarian cuisine. There are menus consistent with the traditions and religion of each patient.
Telemedicine – Real time patient monitoring

We at SHR Nessebar and SHR Rhodopi offer a revolutionary new service – remote patient telemonitoring of cardiologic conditions. What is "real time monitoring" – this is a system of medical modules which transmit information for your vital indicators remotely, in real time (constantly) so cardiologists who are on staff 24/7 can assess that data and they can conclusively devise an

Advantages of the system for the patients:
- Mobility: the monitoring is carried out in real time during your usual lifestyle conditions – while working, travelling, doing sports, having a rest. These conditions do not interfere with the collection of data necessary for diagnostics.
- Safety: at any time of the day and night you are being monitored by a specialized team. In cases of emergency the medical center will react up to 2 minutes with a phone call and instructions for you, your personal consultant or, if necessary, with a call to the emergency center.
- Prevention: the system can detect anomalies and conditions that are indicators for serious future diseases – sudden cardiac death, myocardial infarction, stroke, etc.
In what cases it is necessary to put the system for remote monitoring:

- When you have suffered fainting, you feel sudden "blackout sights", episodes of sudden dizziness, general weakness and shortage of breath;
- When you feel frequent episodes of palpitation accompanied by general weakness, dizziness and shortage of breath;
- When you feel frequent episodes of "skip" in the cardio activity;
- When you feel frequent episodes of pain in the chest;
- When you have recently suffered cardiovascular or interventional procedure (stent implantation or electro-physiological test) or cardiovascular surgical intervention;
- When you have a recorded congenital or acquired heart failure, before or after a correction;
- When you have relatives who were registered with sudden death at young age;
- When you have relatives with implanted electro-cardiac stimulator or a cardioverter – defibrillator;
- When you have a family burden with early evidence for ischemic heart disease;
- When you have longstanding hypertension, dyslipidemia, diabetes;
- When you have respiratory problems or breathing problems while sleeping;
- When you already have an existing cardiovascular disease and you are about to have a non-cardiac surgery;
- When you have recently suffered a general surgery of high-risk for cardiovascular or pulmonary complications in the early recovery period;
- When you have no complaints but you do extreme sports or your job is related to bearing responsibility for many other people’s lives.