PROGRAM

Complex rehabilitation in
DEGENERATIVE DISC DISEASE

Place of implementation - SHR-NC, branch in PAVEL BANYA
The mineral water is low-mineralized, hydrocarbon-sodium containing, hyperthermal, with radon, silicon and fluorine traces with slightly manifested alkaline reaction (pH – 7,5-7,9).

The Pavel Banya division is specialized in the treatment of:

- **Locomotor system diseases**
  Vertebrogenic diseases; degenerative, joint and peri-articulatory inflammatory diseases; conditions after injuries and orthopedic diseases; conditions after endoprosthetic surgery;

- **Peripheral nervous system disorders**
  Disc disease, mono- and polyneuritis, radiculitis, conditions after peripheral nerve and cerebrospinal injuries, functional nervous disorders.

Methods:
The applied methods include classical balneotherapy, physical therapy, kinesiotherapy procedures and subject to the stage of development of the disease:

- Decompressive therapy
- Immobilization
- Electrostimulation
- Antalgic bed
- Analytical exercises
- Self-mobilizing exercises
- Massage techniques

Required documentation:
- Diagnostic examinations (X-ray imaging, CT, NMR, EMG, MMT)
- Medical report or interim medical report