

MEDICAL PROGRAMS

Devoted to health and well-being



Health is our greatest asset. It is a source of energy for a quality life, for well-being and satisfaction. As long as we have it, we are happy, and we want to have it forever.

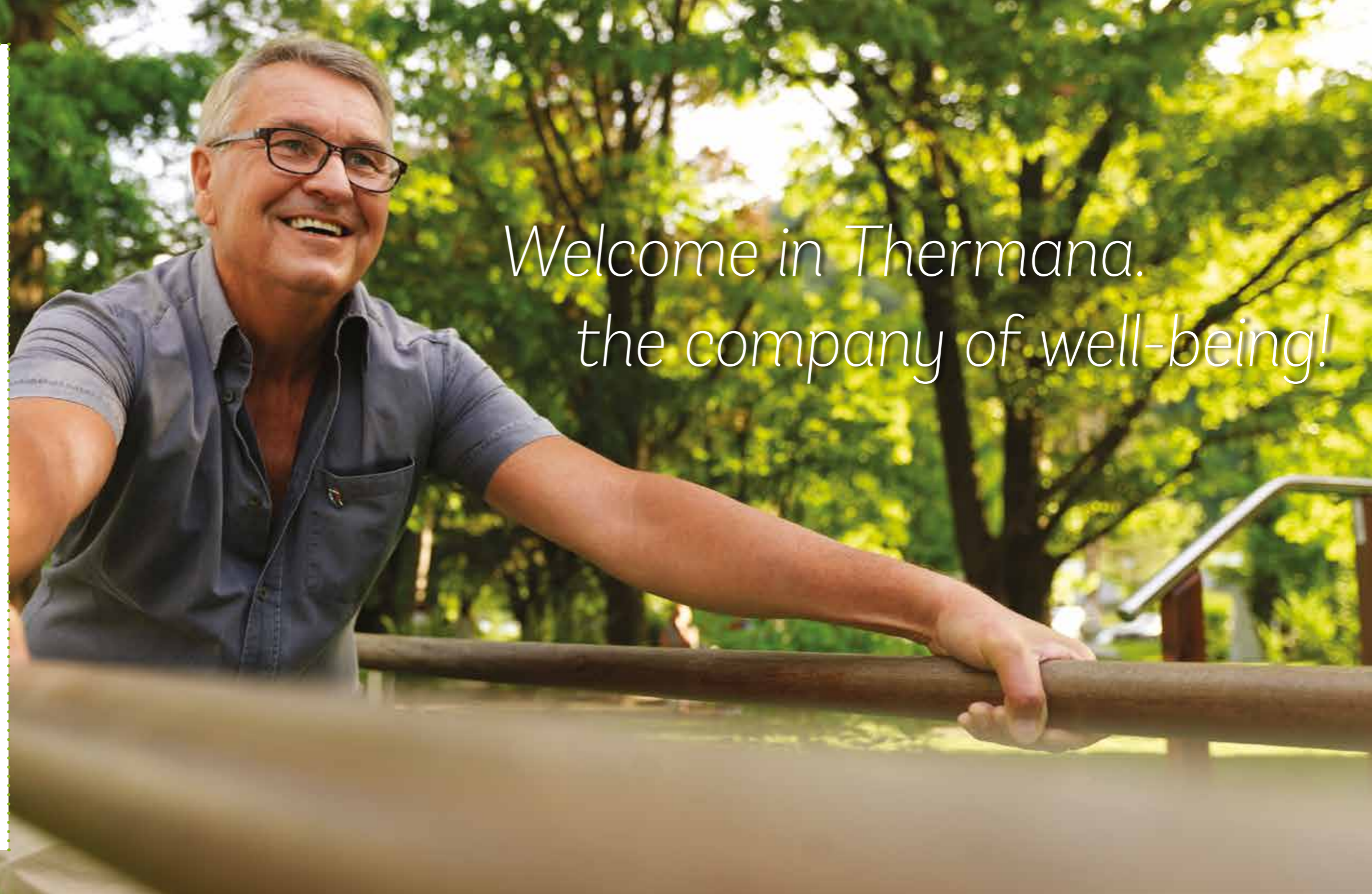
When there are disorders in our physical and mental well-being, we know that we have not invested too much in our health. It is high time to devote more time and attention to ourselves, and to incorporate the foundations of maintaining or regaining health in our everyday lives.

The more we invest in our health, the better we will live in the colourful shades of our own and our common life.



Bestow moments upon yourself for health and well-being. We will be happy to accompany you on this journey.

*Welcome in Thermana.
the company of well-being!*





OUR STORY BEGINS IN 1854



The healing power of thermal springs was already known in Roman times. In the middle Ages, in addition to locals, missionaries used springs. Engineer Leopold Rödel, who encountered them during the construction of the southern Vienna-Trieste railway, recognized the true strength in the springs. On May 1st 1854, the Kaiser Franc Josephs Bad Resort was ceremonially opened. The majestic story of the spa began, which had good and bad times throughout the centuries.

Today Thermana Laško is one of the most modern tourist and medical centres. It is a place of well-being with services based on superior knowledge and rich experience of recognized medical professionals. The foundation for everything remains water - thermal water Laško.

The beneficial effects of thermal water Laško is confirmed through its long-standing positive effect on health and well-being. In Thermana we use it for baths and drinking.



The Laško thermal water springs from a depth of 160 meters, with a temperature of 32 – 35 degrees Celsius. It is enriched by adequate amounts of calcium, magnesium, sulphate and bicarbonate. The high content of calcium is the one that separates Laško water from other thermal waters.

Bathing in our thermal water is highly recommended for joint, ligament, muscle and bone disorders, circulatory diseases, and peripheral nerve lesions, metabolic, gynaecological and psychosomatic diseases. Thermal baths influence the rise of temperature in the tissues, improve circulation in the skin and muscles, relax the muscles and joints, improve blood circulation of internal organs, accelerate metabolic processes, work anti-relief, improve joint flexibility and strengthen healing ability of the organism with healing energy.

Water helps to detoxify the body, reducing its acidity, works as a mild laxative, improves the intercellular communication, and radiates strong vital energy, works beneficial to the psyche and balance between body and soul.



MEDICINE PROGRAM

*Medicus curat,
natura sanat*

Medicus curat, natura sanat – the doctor treats, nature heals - it is the saying that best illustrates how human knowledge, with the help of natural thermal springs, has been returning and strengthening the health and well-being of our guests for decades.

Healthcare and treatment programs are based on natural features, especially thermal water, and the trust of guests to professional medical staff with extensive experience.

Our medical team consists of doctors specialized in physical and rehabilitation medicine, general medicine, orthopaedics, grammatologists, neurosurgeons, rheumatologists, neurologists, infectologists, graduate physiotherapists, graduate working therapists, graduate nurses, medical technicians, nurses and masseurs.



TRAINED MEDICAL STAFF WILL ASSIST YOU IN THE FOLLOWING SITUATIONS:

- state after injuries and operations on the motoric system with functional loss,
- degenerative joint and non-joint rheumatism,
- neurological diseases, injuries and diseases of the central and peripheral nervous system (including cerebral vascular intervention and neuromuscular disorders) and the state after a stroke,
- conditions after surgeries in the pelvic, testicles and chest,
- skin diseases (psoriasis),
- rehabilitation of patients with Lyme disease.

»Rehabilitation is of great importance in the life of an individual, since the level of independence in everyday life depends on it. Rehabilitation is always planned individually, because we use verified healing natural factors and all processes of modern physical and rehabilitation medicine in the process. Through continuous professional education, introduction of new procedures, techniques and programs, and through cooperation with other healthcare institutions, we provide quality rehabilitation treatment for our patients. I am very proud of the team of professional and committed people with whom we create the medical program. Connectivity brings success together, and only in this way can we enter the area of excellence.«

Slavka Topolić, dr. spec. fiz. reh med.

MEDICAL REHABILITATION

In our program of medical rehabilitation, we want to achieve, or at least come as close as possible to the stage of health as it was before the illness or injury. It is a comprehensive process with guaranteed success with an individual and professional approach of all members of the rehabilitation team.

Medical rehabilitation is carried out with balneotherapy, physical therapy, work therapy and rehabilitation nursing care.

HEALTH PROGRAMS

Our primary focus is the treatment of diseases of the motor-locomotor apparatus, therefore we prepared suitable health programs, which can be adapted to each individual depending on his state of health.

- **WELL-BEING PROGRAM**
- **THERAPY IN THERMANA**
- **REVITAL PROGRAM**
- **PROGRAM FOR HEALTHY SPINE**
- **PROGRAM AFTER INJURY ON LOWER EXTREMITIES**
- **AFTER BRAIN STROKE PROGRAM**
- **HEALTH SPA MEDICAL TREATMENT**

HEALTH CARE TREATMENT

On the basis of contractual cooperation with the Health Insurance Institute of Slovenia (ZZZS), we perform health care treatment, which is approved by the doctor of the Health Insurance Institute of

Slovenia, on the basis of a proposal by a treating physician who treats the insured person in a hospital or a personal doctor.

Treatment can be done in two ways:

- stationary health care
(the Health Insurance Institute covers the costs of accommodation, health services and nursing care);
- outpatient health care
(the Health Insurance Institute covers the cost of health services).

OUTPATIENT PHYSIOTHERAPY

In Thermana Laško we perform outpatient physiotherapy for the local area and the wider surroundings. You can make an appointment on the basis of orders issued by your general practitioner or a medical specialist with whom you have medical treatment at that moment ... When ordering the degree of urgency that is written on the work order, is taken into account. You can order outpatient physiotherapy in person, by mail or by e-mail.

REGENERATIVE REHABILITATION

The purpose of rehabilitation is to maintain and prevent complications after a disease or injury. It is for guests who want to maintain their psychophysical abilities, improve the resistance of the body and prevent the deterioration of long-term illness.

In Thermana Laško we perform nursing care which is intended for paraplegics and quadriplegics, patients with multiple sclerosis, borelliosis, rheumatic diseases, physical and mental disorders, cerebral and childhood paralysis, diabetes, osteoporosis, psoriasis, and celiac disease, for people after stroke, and for war and work disabled.

SPORTS REHABILITATION

In Thermana Laško we have excellent conditions for high-quality and professional rehabilitation of professional and recreational athletes. The rehabilitation is based on an individual approach and preparation of a program in relation to the athlete's needs and preferences. The main objective is the prompt and safe return of an athlete to sports activity. We choose those therapeutic services that will maximally contribute to optimal regeneration and rehabilitation. We are aware that quality and quick rehabilitation is crucial for the good psychophysical well-being of the athlete, and thus the re-achievement of top results.

In rehabilitation, a doctor specializing in physical and rehabilitation medicine, a physiotherapist, a nurse, a masseur and a kinesiologist are involved.

The sports rehabilitation is carried with a multidisciplinary approach and contains:

- clinical and functional assessment of the athlete's status, which includes the acquisition of subjective data with the help of medical history, review of health records and clinical examination of the athlete,
- a physiotherapy diagnosis, prognosis and plan of rehabilitation,
- implementation of physiotherapy procedures and methods,
- evaluation of the results of physiotherapy procedures and methods,
- expert advice and issue of recommendations.



SPORTS PREPARATIONS

High-quality sports preparations of individuals or teams are the key to achieving top results and maintaining physical and mental fitness throughout the entire competitive season. In addition to the conducted high-quality training sessions, the key factors for achieving the best end result during intensive preparations are optimal conditions for the practice, suitable accommodation and meals.

During your accommodation in Thermana Laško, the immediate and wider surroundings offer a number of sports facilities for training in various sports disciplines. The hotels are located at the banks of the Savinja River, surrounded by hills. This makes them an excellent starting point to conduct part of the sport preparations or trainings in nature. The sports facilities in the immediate surroundings, offer the most to competitors in indoor sports, but with a little flexibility, we can carry out high-quality preparation for all sports teams.

SPECIALIST OUTPATIENT ACTIVITIES

The field of specialist outpatient activities is represented by:

- basic health care activity,
- private clinics and counselling services.

BASIC HEALTH CARE

A specialist in physical and rehabilitation medicine performs physiatric examinations on the basis of a referral from a personal doctor or specialist from a secondary level. The waiting periods are short, since we pay special attention to activities for shortening waiting periods and customer satisfaction.

PRIVATE CLINICS AND COUNSELING SERVICES

Within the Medical Centre at the Zdravilišče Laško, there are private specialist clinics and consulting services. The treatment of each individual is based on the individual and holistic approach by renowned specialists in different medical fields, who have established themselves with their work at home and abroad. The specialists come from the University Medical Centre Ljubljana (UKC Ljubljana), University Medical Centre Maribor (UKC Maribor), Celje General Hospital and the Orthopaedic Hospital Valdoltra.

We are pleased to provide you with knowledge, experience and professionalism in one place!

Private clinics and counselling services:

- Physiatric outpatient clinic
- Orthopaedic outpatient clinic
- Rheumatic counselling
- Neurosurgery counselling
- Neurological counselling
- Counselling for Lyme disease and infectious conditions
- Acupuncture outpatient clinic

Information and reservation:

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"Being a physiotherapist is not only a profession - it is a mission that we in Thermana do with all seriousness and responsibility. Pain relief, improvement of musculoskeletal system functionality, learning patients the right way of life ... all this is just a part of what Thermana's physiotherapists do."

Together with patients, we look forward to any, even the slightest progress, and it is best when we use our hands, which are our tool, the expertise we are constantly upgrading, and our experiences, to change the lives of our patients for the better. May trust always stay with us!"



PHYSIOTHERAPY

Physiotherapy in Thermana Laško covers all classical procedures of balneotherapy, kinesiotherapy, electrotherapy, magnetic therapy, laser therapy, thermotherapy, phototherapy, hypobaric therapy, lymph drainage, massages, inhalations and special methods and techniques, carried out by therapists with special skills. We are well aware of the fact that a good therapist is only one who is constantly studying and acquiring new knowledge and skills, so we follow the novelties in the field of manual therapy and attend a wide variety of courses and workshops.

BALNEOTHERAPY is a treatment with thermal water. Thermal baths raise the temperature in the tissues, improving circulation, relaxing the muscles and joints, soothing pain, improving joint mobility and strengthen the defence mechanisms of the organism.

KINESIOTHERAPY is based on individual and group sessions to help patients regain and improve muscle strength, joint mobility of the joints and spine, balance, coordination and body posture.

ELECTROTHERAPY includes all techniques and forms of electrotherapy known today, with which weak muscles and nerves are strengthened and pain is eased. To relieve pain and eliminate inflammation we use interferential, diadynamic and anti-pain stimulation (TENS) streams.

LASER THERAPY allows excellent results and quickly improves the situation on the surface and also in the depth of the damaged and painful areas. The laser offers an individual selection of the right frequency and power - the minimum frequency is selected for the analgesic effect and the highest for the bio stimulation. In Thermana Laško we use the latest laser devices.

MAGNETIC FIELD THERAPY is recommended for treatment after injury to bones, joints, sinew, muscles, in degenerative joint diseases, non-joint rheumatism, inflamed rheumatic diseases, bedsores, chronic lesions, headaches etc.

THERMOTHERAPY supplies and diverts (cooling) energy heat waves into the organism in for therapeutic purposes soothing pain, improving muscle movement, joints and eases muscle cramps. In thermotherapy we use using wraps with warm bags, paraffin, parafango, heating with heat rays, ultrasound therapy and local hot baths.

CRYOTHERAPY is the discharge of thermal energy from the organism or cooling. It reduces pain, muscle tension and swelling (a sprain, fracture, contusion). It involves the use of cryomassage and cryopack, hylotherm appliance and local cooling baths.

PHOTOTHERAPY is a method which uses light for treatment. The body in a controlled manner exposes to light of a certain wavelength in a controlled manner. The treatment is done with the help of lasers and the Bioptron machine.

MANUAL LYMPH DRAINAGE is a special curative massage technique intended to improve the flow of lymph fluid in the body following injury and cancer operations. Relieving stress and pain, improving the body's resistance, it can be used in both preventive as well as for cosmetic purposes.

HYPOBARIC THERAPY is a therapy, in which by means of the vacuum the individual parts or of the limbs of the body are stimulated and thus it prevents or treats disorders of circulation and reduces swelling.

MASSAGES have a beneficial effect on the muscular system. Strained muscles can relax with a massage and loose muscles tense, due to the relaxing and invigorating massage strokes. By restoring a balanced muscle tone, massage also helps blood and lymph circulation.

INHALATION has a beneficial effect on respiratory system and delivering tiny, dispersed substances to the organism. It is performed with Laško thermal water, to which, if necessary, we add medication. By inhalation we relieve, prevent and treat diseases of the lungs and airways.



SPECIAL TECHNIQUES OF MANUAL THERAPY

In the treatment by manual therapy therapist with the use of hands and with specific professional approach tries to reduce pain and muscle tension, increase flexibility, muscle strength and coordination, and thus establish the optimal functioning of the locomotor system.

In Thermana Laško we perform joint mobilization, proprioceptive neuromuscular facilitation, treatment after Cyriax, Maitland and Mulligan, lymphatic drainage, treatment of trigger points, Bowen therapy and Bobath therapy. The listed special techniques speed up the return of the lost function.



CYRIAX METHOD is one of the most renowned and sophisticated methods in the field of manual therapy. On the basis of functional tests of structures in the affected part, the therapist decides on the Cyriax technique, which will be carried out in the exercise. The method is used in conditions following injuries to joints, soft tissue injuries, low back or neck pain and or joint wear or the replacement of joints with totally or partially endoprosthesis.



BOWEN THERAPY is non-aggressive, gentle therapy, which helps improve muscular-skeletal problems and is furthermore an excellent relaxation technique. The therapist with a gentle but strong enough pressure on certain positions stimulates the receptors in the muscle and connective tissue, and thus begins a process of self-healing. The therapy quickly and effectively reduces muscle - connective tension and helps to establish balance in the neurological, hormonal, lymphatic and energy system. In Thermana Laško we also perform Bowen therapy for babies.



BOBATH THERAPY is a neurological treatment, focused on the positive approach to the patient, the transfer of the therapy to the daily life and the exploitation of the patient's ability to maintain and strengthen the weaker parts of the body after injuries or conditions that affect the nervous system. Is an approach that solves the problems of individuals with disturbances in function and movement caused by brain damage (stroke, tumour, head trauma).



TREATMENT OF TRIGGER POINTS is a form of manual therapy for the reduction of excessive tension in the muscles. Using a special technique of grips and pressures it achieves the release in tense and painful areas on muscles. The technique is suitable for acute and chronic problems. It is used in the state of pain and limited range of motion in the spine, after surgery (Achilles tendon, knee, shoulder), after injuries, headaches and various pains of the locomotor system.

In addition to the continuing education of physiotherapists in Thermana Laško we follow the technological innovations in the field of physiotherapy. The newer and more powerful appliances can significantly shorten the time of the rehabilitation and increase its effectiveness. On the Physiotherapy Department of Physiotherapy in Thermana Laško, we pride ourselves with top-quality appliances, with which we carry out the following therapies:



THE SHOCK WAVE THERAPY (ESWT) is a highly technically perfected non-invasive therapy that uses shock waves which build and strengthen healing processes and quality regeneration in the tissue. The therapy is highly effective in different subacute and chronic disorders of the musculoskeletal system, such as pain due to degenerative changes and calcium deposits tendons (shoulder, Achilles tendon, heel, foot, elbow, knee, hip) or chronic muscle pain in the neck or back pain (muscle knots).



SKANLAB is a therapy which immediately increases local blood circulation, reduces pain, improves elasticity and mobility through deep heating. The heat stimulates the nerve fibers, accelerates the transfer of nerve impulses and relieves pain. It is mainly used for acute, subacute and chronic injuries to muscles and bones.



HiToP is an anti-pain therapy, which has a direct impact on cellular metabolism. It significantly relieves pain in a way that has not yet been achieved with conventional electrotherapy. It is suitable for patients suffering from knee and hip wear, patients with lumbar or cervical syndrome and frozen shoulder syndrome.



K-LASER is characterized by a high energy density, peak power, short duration of therapy as well as easy and safe to use. Therapy with the K-laser helps in faster healing of damaged tissue, has an anti-inflammatory and analgesic effect, stimulates metabolic processes and improves vascular and nerve functioning.



HyperVibe is an exercise on a vibrating plate, which stimulates the body's natural response to vibration. Training on the HyperVibe device causes instability in the body and therefore with each vibration forces the body into reflexive muscle action. The vibrations activate more than 90 % of the muscle fibers, which means that the muscle-stabilizers, which are otherwise difficult to activate, are also activated.

OCCUPATIONAL THERAPY

Is based on an individual interview with the patient and his/her family. On the basis of the gathered information of the patient's health state and of the problems that are a result of the patient's disease or injury. With the patient we set short-term goals, which are oriented to maximize independence in the narrower and broader living environment. Therapy includes activities to improve muscle strength, mental activities, promotion and preservation of social skills, learning everyday activities and actions to improve oral-motor control.

PROGRAM OF OCCUPATIONAL THERAPY IN ZDRAVILIŠČU LAŠKO INCLUDES:

- learning of daily activities that are present in everyday life and are an important part of an individual's identity: personal hygiene, turning in bed, sitting in bed, changing seats / transferring, dressing and undressing, using a toilet, etc.,
- carrying out preparatory activities with the aim of improving muscular strength, coordination and hand skills, and increasing the endurance and flexibility of individual joints,
- performing cognitive activities to improve memory functions and concentration, reading, preparing a simple meal, etc.,
- carrying out activities to improve graph motor skills: writing, drawing, etc.,

- carrying out activities to improve sensation and perception,
- promoting and maintaining social skills in patients with speech disorders and dementia,
- performing activities to improve oral-motor control and, consequently, easier swallowing in patients who have difficulty swallowing due to the nature of the disease,
- displaying and consulting on the use of various therapeutic devices to facilitate day-to-day activities: socks, tutorials, custom-made cutlery, etc.,
- teaching relatives about the correct approach to the patient, because they can contribute a great deal to more successful rehabilitation,
- advice on adjustments to the home environment.

Occupational therapists strive to ensure that patients leave us with some progress and positive experience after a completed rehabilitation. Above all, they want to know how to use the acquired skills in the home environment.

“Occupational therapists, with their expertise, experience and empathy, strive to help patients find a new purpose in their lives. They find it when they start to carry out activities that are important to them and in which they enjoy. The great majority is satisfied with only to be able to take care of themselves again. We are aware that independence certainly is a virtue that leads to a higher quality of one's life. This is the mission of our profession. And when we succeed to make the patient find a purpose in life again, we realize that our mission was successful.”

»Professional communication, smile, warmth and generosity spark up relationships and at the same time strengthen positive experiences in medicine. With the motivational and professional approach in the outpatient clinic and quality rehabilitative health care, which is the result of continuous education, we ensure the safety of our patients. It is important that we all participate creatively in the work, planning, decision-making and carrying out tasks of nursing care, because only this way we achieve professional, personal and work goals in society.«



DEPARTMENT OF REHABILITATIVE CARE

Thermana Laško has a long tradition in rehabilitation of patients depending on aid of others. Part of the Hotel Zdravilišče Laško is arranged as a nursing department. It is designed for guests who need care and assistance in daily activities.

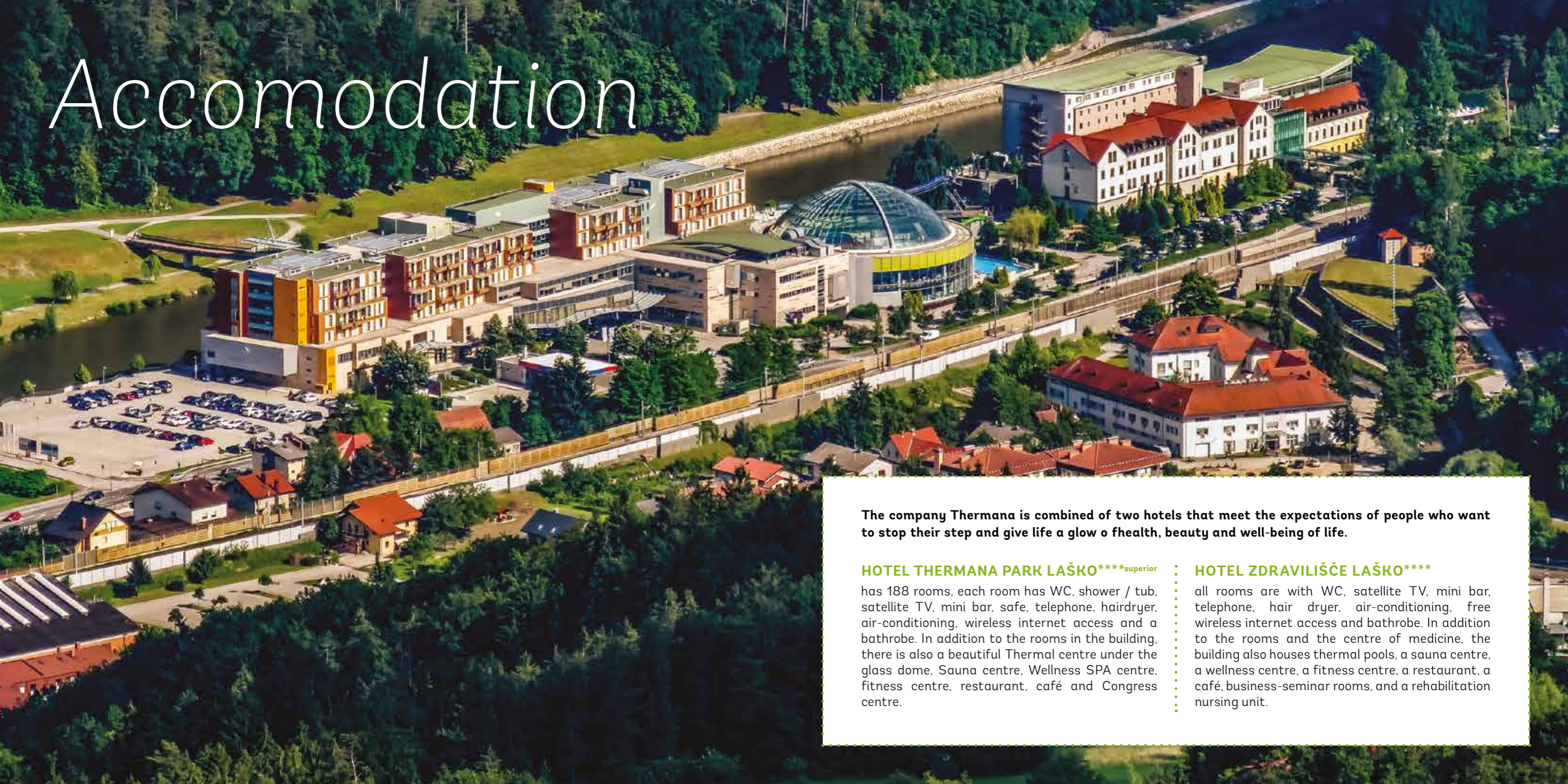
Thermana Laško has a long tradition in rehabilitation of patients depending on aid of others. Part of the Hotel Zdravilišče Laško is arranged as a nursing department. It is designed for guests who need care and assistance in daily activities.

Continuous 24-hour nursing care is provided by a qualified team of nurses, medical technicians and paramedics who want to maintain or improve the level of self-sufficiency guests. The team is constantly learning and encouraging and helping patients to carry out activities that they themselves cannot do. Health care is based on an individual approach and realistic goals. With professional knowledge, competencies and skills, nursing staff can influence the change of life habits and, consequently, the quality of life of the patient and his family in the home environment.

The rooms at the department are modern and well furnished, air-conditioned, equipped with mechanized hospital beds, without architectural barriers, and adapted to the movement of disabled guests. Guests can dine in the hotel's dining room with other guests or in the department where they serve dietary meals, where they help with the food choice and feeding.

In Thermana Laško we have also created shorter or longer self-funding programs for people who need help and care from medical personnel. You can trust us with your loved ones when you're on vacation, on a business trip or when you have other obligations.

Accommodation



The company Thermana is combined of two hotels that meet the expectations of people who want to stop their step and give life a glow o fhealth, beauty and well-being of life.

HOTEL THERMANA PARK LAŠKO**^{superior}**

has 188 rooms, each room has WC, shower / tub, satellite TV, mini bar, safe, telephone, hairdryer, air-conditioning, wireless internet access and a bathrobe. In addition to the rooms in the building, there is also a beautiful Thermal centre under the glass dome, Sauna centre, Wellness SPA centre, fitness centre, restaurant, café and Congress centre.

HOTEL ZDRAVILIŠČE LAŠKO****

all rooms are with WC, satellite TV, mini bar, telephone, hair dryer, air-conditioning, free wireless internet access and bathrobe. In addition to the rooms and the centre of medicine, the building also houses thermal pools, a sauna centre, a wellness centre, a fitness centre, a restaurant, a café, business-seminar rooms, and a rehabilitation nursing unit.

CERTIFICATES



Diability friendly – with the acquisition of the Golden Certificate Disability Friendly, Hotel Zdravilišče Laško received confirmation that its facilities are regulated and accessible not only for guests with physical disabilities, but also for people with special needs in the field of vision, hearing and mental health. The fact that in addition to the accommodation capacities and communication paths, the employees, their knowledge and the attitude towards guests give the certificate a special note.



PROMOTION OF HEALTH

The proverb says that health is our greatest asset. And how do we care for it?

Thermana Laško, as a company of well-being, is a great promoter of a healthy lifestyle. We actively cooperate with societies, companies and schools and organize workshops and professional lectures together.

Our active participation begins with the preparation of the program, since we are aware that each partner has different priorities and desires. We are flexible in choosing a theme of lectures in combination with practical work. If desired, the participants can combine work with pleasure and after a lecture, they can continue to socialize at a thermal pool and with lunch at the hotel restaurant.



You can choose from a variety of themes, such as a healthy lifestyle, diabetes, preventing falls in everyday life, maintaining flexibility, strength and balance, back pain, life after stroke and communication and interpersonal relationships.

Nutrition is an important aspect of a healthy lifestyle, and Thermana Laško pays special attention to preparing a healthy meal by including dietary restrictions. Is that also your challenge? Then the cooking workshop under the guidance of our chefs and confectioners is the right choice for you.

It has been proven that the movement also contributes to the quality of life of an individual. Join a pilates group exercise run by a certified instructor. In the company of graduate physiotherapists, you have balance exercises, breathing exercises in motion, exercises with small

and large therapeutic balls and exercises with bands available.

As part of the promotion of health, which is successfully included in the rehabilitation, we also conduct a water fitness course. It is a training conducted under the expert guidance of the Thermana team and is especially intended for those whose physical pain, injuries, reduced bone density, excess body weight prevent them physical activity.

In Thermana Laško, we are aware that the absence of chronic pain, the movement with less pain, better mobility and, consequently, better mental well-being can significantly contribute to a better life of an individual.

Trust us and come with us on the path of health and well-being.



THERMANA

Laško



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