



MEDWORLD

HEALTH & REHABILITATION CENTER

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PHYSICAL THERAPY AND REHABILITATION

Physical therapists (PTs) provide services that help restore function, improve mobility, relieve pain, and prevent or limit permanent phandysical disabilities of patients suffering from injuries or disease. Therapists examine patients' medical histories and then test measure the patient's strength, range of motion, balance and coordination, posture, muscle performance and motor function. They also determine patients' ability to be independent and reintegrate into their normal routine.

- ✓ **MUSCLE AND JOINT REHABILITATION**
- ✓ **REHABILITATION TREATMENT FOR FIBROMYALGIA**
- ✓ **LOW BACK PAIN REHABILITATION**
- ✓ **FRACTURE REHABILITATION**
- ✓ **REHABILITATION FOR RHEUMATIC DISEASES**
- ✓ **SPINE REHABILITATION**
- ✓ **SEXUAL REHABILITATION FOR MEN**



7
DAYS

MUSCLE AND JOINT REHABILITATION / 7 DAYS

Our aim is to aid and accelerate your recovery (rehabilitation) after your surgery so you can get back to do the things you love. Our consultants and therapy team will assess your needs to create an individual therapy plan for your stay. This includes up to three hours of therapy per day, and will be adjusted daily according to your progress. Our rehabilitation services specialize in the following recovery processes: Hip and Knee Replacements, Hip Arthroscopy, Fractured Neck of Femur and All Lower Limb Fractures, Upper Limb Fractures, Back Pain, Hand Injuries, Osteoarthritis, Sports Injuries.

- Vip Hamam (Turkish Bath) Program at Medworld
- Regular Consultations with Physical Therapy Doctor
- Consultation with Dietician
- Individual Tests and Treatment Plan
- A total of 7 days of Physical Therapy and Rehabilitation: The length of Physical Therapy and Rehabilitation session in our center is 3 hours. The program includes: Physiotherapy, Diadynamic Therapy, Interferential Therapy, Transcutaneous Electrical Nerve Stimulation (TENS), Electroplating, Lontophoresis, Laser Spot Treatments, Neural Therapy, Magnetic Therapy, Acupuncture, Platelet Rich Plasma (PRP), Ozone Therapy, Manuel Therapy, Therapeutic Massage, Lymphatic Drainage Massage, Paraffin Wax Treatment For Hands and Feet, Therapeutic Mud Application, Sea Salt Application Therapy enriched with pine essential oils and pine extract.
- Sports Therapist Sessions
- Access to Health Club (Sauna-Steam Bath, Turkish Bath, Gym, Swimming Pool)
- 24/7 Online Assistance
- Customized Patient Services in English, Russian, German, Arabic and French.

REHABILITATION TREATMENT FOR FIBROMYALGIA/ 7 DAYS

While curing fibromyalgia may be impossible, there are many tried and tested methods including medication, injections and personalized physical rehabilitation that can make a huge difference in managing the pain and significantly improving the quality of life. Many fibromyalgia patients say that they have tried many things or even “everything” in their search for answers to their fibromyalgia problems. It’s time to see a doctor and a team who understands and knows how to treat your fibromyalgia effectively. We aim to provide a multidisciplinary service offering a holistic set of treatment options that can ease the pain felt by fibro sufferers.

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LOW BACK PAIN REHABILITATION / 7 DAYS

Just like you can pull a muscle in your hamstring, you can pull a muscle in your back when you bend or stoop. Your lower back is extremely complex so injuries can occur to bones, joints, muscles, ligaments, discs or nerves. Low back pain can be categorized by the length of time you've had symptoms for. Here are the three main stages: Acute low back pain – pain over the last couple of weeks. Sub-acute low back pain – have experienced pain for two to twelve weeks. Persistent/chronic low back pain – longer term pain lasting more than 12 weeks.

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FRACTURE REHABILITATION / 7 DAYS

If you've recently had a serious fracture and are now finding it hard to function physically, effective and focused fracture rehabilitation (sometimes referred to as fracture rehab) can be a major factor in helping you to adjust, adapt, recover and regain a level of independence for yourself. If you can begin your rehabilitation as soon possible after any operation for your fracture (on the condition that your doctor is satisfied with your clinical stability), it can help to lower the risk of further complications and improve the chance of restoring full function.

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REHABILITATION FOR RHEUMATIC DISEASES / 7 DAYS

Medical rehabilitation, including physical and occupational therapy, can help you do daily activities while managing a rheumatic condition. A rehabilitation program tailored to your condition and needs allows you improve your strength and flexibility and the movement of your joints and muscles – all with less pain and stiffness. Such a program will not cure a rheumatic condition, but it can help you become better able to function and more independent. Anyone who is experiencing pain, spasms, swelling or stiffness that is reducing the ability to function, the range of motion, strength or endurance, should consult a rehabilitation therapist. Seeing a physical or occupational therapist with special training in treating rheumatic diseases can be particularly helpful.

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SPINE REHABILITATION / 7 DAYS

If you've been living with back pain, you're not alone. Here at Medworld Clinic, we have professional spine specialists who are committed to improving your quality of life. Our team of professional spine specialists is here to help you to get you back to do the things you love the most through using nonsurgical, surgical and minimally invasive procedures. We treat the following spine conditions: Chronic Back Pain, Aging Ankylosing Spondylitis (AS), Arthritis Of The Neck, Back Injuries, Back Spasm, Herniated Disc, Kyphosis, Lumbar Fusions, Neck Pain, Rheumatoid Arthritis, Osteoporosis, Osteoarthritis of the Facet Joint, Sciatica Scoliosis, Spina Bifida, SpinalMeningiomas.

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SEXUAL REHABILITATION FOR MEN / 7 DAYS

Men's Health: Sex & Intimacy Sex and relationships are an important part of every man's lives. Most of the men are looking for ways to enhance their sexual performance. This can include solving existing problems or searching for new ways to keep your partner happy. Medworld offers best and most natural way for Men to Improve Sexual Performance. Erectile dysfunction (ED) is the inability to get or keep an erection firm enough to have sexual intercourse. It's also sometimes referred to as impotence. Occasional ED isn't uncommon. Many men experience it during times of stress. Frequent ED can be a sign of health problems that need treatment.

- Consultation with General Urologist
- Laboratory Test
- General Medical Examination and Consultation at the beginning and at the end of the programme
- Derma-Aesthetic Consultation
- Dental Consultation
- 6-Session of ESWT Shock Wave Therapy
- Platelet Rich Plasma (PRP) Treatment
- 4-session of Traditional Chinese Medicine consultation (acupuncture, laser acupuncture or moxibustion)
- 5-session of Oxygen Therapy
- 3-session OF Anti-Stress Massage
- Sports Therapist Sessions
- Access to Health Club (Sauna-Steam Bath, Turkish Bath-Fitness,-Swimming Pool)
- 24/7 Online Assistance
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