



# LONGEVITY PHYSICAL THERAPY & REHAB PROGRAM

Physical rehabilitation and wellness programs are designed to help individuals recover from injuries or illnesses, improve their physical function, and enhance their overall well-being.

# Physical Rehabilitation

## Purpose

- To restore physical function after an injury, surgery, or illness.
- To reduce pain and improve mobility.
- To help individuals regain independence in daily activities.

## Components

- **Assessment:** A thorough evaluation of the individual's condition and needs.
- **Exercise:** Targeted exercises to improve strength, flexibility, and range of motion.
- **Manual therapy:** Hands-on techniques to mobilize joints and soft tissues.
- **Modalities:** Use of heat, cold, ultrasound, or electrical stimulation to manage pain and promote healing.
- **Education:** Instruction on proper body mechanics, injury prevention, and self-care.

## Common Conditions Treated

- Sports injuries
- Post-surgical recovery
- Stroke rehabilitation
- Neurological conditions (e.g., Parkinson's disease, multiple sclerosis)
- Orthopedic conditions (e.g., arthritis, back pain)

# Wellness Program

## Purpose

- To promote overall health and well-being.
- To prevent injuries and chronic diseases.

- To improve fitness, nutrition, and stress management.

## Components

- **Fitness assessments:** Evaluation of current fitness levels.
- **Exercise programs:** Personalized exercise plans tailored to individual goals.
- **Nutrition counseling:** Guidance on healthy eating habits.
- **Stress management techniques:** Relaxation exercises, mindfulness, and other strategies.
- **Health education:** Information on healthy lifestyle choices.

## Benefits

- Improved physical fitness
- Reduced risk of chronic diseases
- Enhanced mental and emotional well-being
- Increased energy levels
- Improved quality of life.

## PROGRAM DETAILS

- Doctor Consultation with Holistic Health Approach
- Dental Consultation & Dental Check up
- Dermo Aesthetic Doctor Consultation
- Nutritionist Coaching ( Mindful eating- Emotional Eating – Food Choices)
- Assesment of Nutrition Habits
- Nutritional Plan (alkaline – gluten free- casein free- Mediterreanean- Flexitarian)
- Longevity Supplements



	7 DAYS	10 DAYS	14 DAYS
Metabolic Blood Analysis	1	1	1
Aging Parameters in Blood	1	1	1
Health Check Up	1	1	1
3D Body Scan	2	2	3
Electrocardiography	1	1	1
Bone and Mineral Assesment	1	1	1
Movement Analysis	1	1	1
Muscle And Nerve Stimulation	1	1	1
Photo Bio Modulation Therapy	3	5	7
Manual Therapy	2	4	5
Ozone Sauna Therapy	3	5	7
Relaxing Cupping Therapy	2	4	6
TCM Acupuncture Therapy	3	5	7
Reformer Cadillac Exercise	2	4	6
Graston Therapy	2	2	3
Lymphathic Circulation Therapy	3	5	7
Anti Stress Frequency Therapy	4	6	8
Percussive Therapy	1	2	3
Oxygen Therapy	4	8	12
Re Functional Exercise	1	3	5

#### Special Privileges For Medworld Guests

- A day in the heart of fun Land of Legends (Entrance Ticket)
- VIP transfer
- Golf Session
- Daily Yoga & Exercise Sessions





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