Thalassotherapia
CRIKVENICA

Choose Health





Thalassotherapia Crikvenica is a medical rehabilitation centre with a century-long tradition of using thalassotherapy in healthcare for the purpose of prevention, medical holidays and rehabilitation. Its location in a cove with crystal clear sea next to a pebble beach and a 6-km-long promenade, amidst a verdant Mediterranean park, make it ideal for thalassotherapy treatments, convalescence and rest.

Crikvenica was recognised as a climatic health resort more than 100 years ago because of its exceptional climatic conditions and natural features: a moderate climate, mild winters and moderately warm summers, favourable air currents, a mixture of sea and mountain air, clean air rich in sea particles, and a clean and shallow sea. The area's healing properties, which contribute to improving health, have remained unchanged to this day.

Today, Thalassotherapia is a modern health facility that combines the principles of thalassotherapy treatment with the achievements of modern medicine, which provides exceptional results in treating diseases of the musculoskeletal and respiratory systems in children, adults and senior citizens.





Climatotherapy and thalassotherapy mean the application of the natural healing properties of the sea and coastal area for the purpose of improving health and quality of life.

The natural healing properties of the Crikvenica Riviera, such as its climate, clean air, seawater, sun and vegetation all contribute to preserving health. These conditions also help in the prevention of various diseases and in recovery and rehabilitation, and also improve quality of life, strengthening body, spirit and mind.

Thalassotherapy – healing with seawater

Thalasso therapia

The application of thalassotherapy treatments for medical purposes primarily includes the use of seawater in therapeutic procedures. Inhalation of seawater and essential oils is used for rehabilitation of patients with respiratory diseases, while hydromassage and exercises in a seawater pool are used in physiotherapy. Walking and other forms of physical activity by the sea contribute to improving health. Thalassotherapy is also included in spa treatments and medical wellness programmes.

Health tourism
Croatia

According to the decision of the Ministry of Health of the Republic of Croatia, Thalassotherapia Crikvenica meets the requirements for providing medical spa services in health tourism as a thalassotherapy and climate spa.







Physical medicine and rehabilitation

Thalassotherapia Crikvenica offers complete rehabilitation of patients with musculoskeletal disorders and diseases.

Our rehabilitation programmes are constantly supervised by experienced doctors specialising in physical medicine and rehabilitation. A professional team of physiotherapists, with many years of experience and continuous training in specific areas of physiotherapy, is in charge of the physiotherapy process and treatments. A series of therapeutic procedures is designed specifically for each individual client according to their specific health condition.

INDICATIONS

1. Postoperative rehabilitation after musculoskeletal and spinal surgery
2. Post-traumatic conditions after fractures and injuries of the musculoskeletal system
3. Rheumatic diseases of the musculoskeletal system
4. Neurological diseases: multiple sclerosis, conditions after cerebral insult orneuropathy
5. Preoperative programme

THERAPEUTIC PROCEDURES

- Individual physiotherapeutic exercises
- Mobilisation and manipulation of joints and soft tissue
- Special physiotherapy techniques (PNF, Bobath, Maitland, Cyriax, Mulligan, Kaltenborn)
- Isokinetic exercises
- Radiofrequency – Tecar therapy
- Continuous passive motion
- K-taping
- Balance and proprioception exercises
- Exercises in a seawater pool, hydrotherapy
- Medical massage, manual lymphatic drainage
- StatUS ultrasound therapy and other electrotherapy procedures

DIAGNOSTIC

- Ultrasound of the locomotor system
- Stability, balance and proprioception testing
- Posture scanning





Respiratory rehabilitation

The purpose of respiratory rehabilitation is to effectively remove the symptoms of chronic, allergic, acute and subacute respiratory diseases. Depending on the diagnosis being treated, rehabilitation programmes can be led by specialists in otolaryngology, pulmonology or paediatric pulmonology. Rehabilitation programmes consist of a combination of physiotherapy respiratory exercises and inhalation procedures in the largest and best-equipped inhalatorium on the Adriatic coast.

INDICATIONS

Lower respiratory tract diseases: bronchial asthma, allergic and non-allergic; chronic obstructive pulmonary disease (COPD); pneumonia; bronchitis; post-COVID conditions; occupational lung diseases; conditions after surgery, radio and chemotherapy on the chest, bronchi and lungs; recurrent respiratory infections accompanied by bronchial obstruction; immobile cilia syndrome, cystic fibrosis.

Upper respiratory tract diseases: chronic, allergic and vasomotor inflammation of the nasal mucosa and sinuses, chronic and acute laryngitis, tracheitis, pharyngitis, tonsillitis and adenoiditis; vocal cord disorders, conditions after surgical interventions and radio and chemotherapy on the upper respiratory system.

THERAPEUTIC PROCEDURES

- Respiratory exercises – individual or in small groups
- Special physiotherapy techniques in pulmonary rehabilitation
- Inhalation of seawater, essential oils and medications
- Postural drainage and vibration massage
- High-frequency chest oscillation therapy
- Inspiratory/expiratory muscle training using Respifit and Powerbreathe devices
- Strength and conditioning exercises
- Vocal cord stimulation and massage
- Nasal aspiration by the Proetz method





Specialist examinations and diagnostics

Thalassotherapia Crikvenica provides specialist medical examinations, accompanying diagnostic and therapeutic procedures, as well as rehabilitation programmes in the following branches of medicine:

- Otorhinolaryngology with audiology
- Pulmonology
- Physical medicine
- Paediatric pulmonology and allergology
- Cardiology
- Dermatology
- Hyperbaric medicine

Specialist medical examinations and diagnostic procedures are provided by experienced medical teams made up of medical specialists or expert specialists and specially trained nurses.

DIAGNOSTIC PROCEDURES

- Spirometry
- FeNO
- Impulse oscillometry
- Diffusion
- Allergy testing (prick test)
- Musculoskeletal ultrasound
- Isokinetic diagnostic
- Posture scanning
- Electromyoneurography
- Cardiac ultrasound
- Ergometry
- Holter ECG and ABPM
- Dermatoscopy
- Audiological diagnostics





Medical wellness

Our spa and medical thalasso-wellness programmes are aimed at preventing chronic non-communicable diseases, alleviating the symptoms of chronic non-communicable diseases, and rehabilitating patients with various conditions of the musculoskeletal system and respiratory organs. For those who want to improve their health, prevent the onset of diseases, and feel better, we offer a wide range of services and programmes aimed at relaxation, revitalisation and prevention through a choice of massages and spa treatments.

Aesthetic treatments for skin rejuvenation and body shaping are performed using the latest radiofrequency method on an INDIBA® EDNA device.

WE OFFER

- Wellbeing and preventive programmes
- Aesthetic programmes
- Massages and spa treatments
- Seawater pool







Accommodation and services

In addition to first-class medical treatments, we also offer other services to make your stay and rehabilitation as successful and pleasant as possible. Our clients can use quality accommodation facilities in an excellent location right by the sea. Apart from our rehabilitation clients, accommodation is also available for their companions who do not need medical attention, and also for any guests in search of relaxation and recreation in beautiful surroundings.

Villa Dalmacija

LOCATION 20 m from a pebbly beach and seaside promenade.

FACILITIES 49 modern rooms (single, double, triple, family) of a 3-star hotel standard. Double rooms, with or without an extra bed, face the sea and have a balcony. Single rooms face the park and do not have a balcony.

The villa is connected to the reception, medical rehabilitation centre and pool by a breezeway,and features an elevator. Meals are provided in the central restaurant 200 m from the villa.

Villa Lovorka

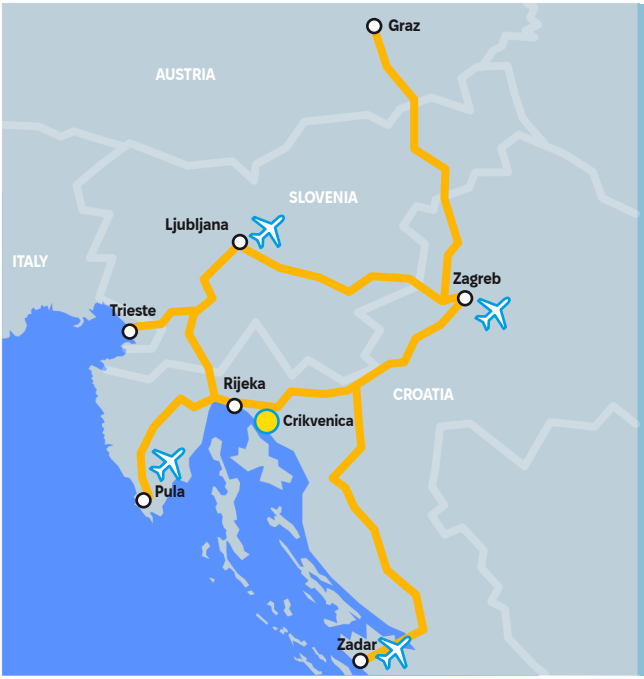
LOCATION right by the sea and beach in the immediate vicinity of the children's respiratory rehabilitation department and central restaurant, 200 m from the medical rehabilitation centre, reception and pool. There is no elevator inside the building.

FEATURES 7 modern apartments of a 3-star hotel standard

The apartments can accommodate between two and five people. Some offer a view of the sea and terrace. All apartments come complete with a kitchen.

OTHER SERVICES AND FACILITIES

- Seawater pool
- Medical rehabilitation park
- Restaurant
- Café bar
- Meeting room
- Beach suitable for people with reduced mobility
- Hair salon



Zagreb	170 km
Trieste	110 km
Ljubljana	150 km
Graz	340 km
Vienna	520 km
Budapest	510 km
Bratislava	520 km
Munich	550 km

Thalassotherapia
CRIKVENICA

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PUBLISHER Thalassotherapia Crikvenica; **FOR THE PUBLISHER** Nataša Manestar; **TEXT** Thalassotherapia Crikvenica; **PHOTOGRAPHS** Mateo Jurčić, Marino Klement, Dino Lovrić, Paula Vidović, Thalassotherapia Crikvenica; **TRANSLATION** Adverbum d.o.o.

primorsko goranska županija
Zdravstveni turizam Hrvatska
Crikvenica Tourist Board
KVARNER Raznolikost je ljepa
CROATIA Full of life
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