

Thalassotherapy - healing with seawater

The Thalassotherapia Crikvenica continues the centuries-old tradition of climatotherapy and thalassotherapy, that is, the application of the natural healing properties of the coastal area: sea air, climate and seawater.

The healing properties of the coastal climate arise from the exceptionally beneficial geographic position of the Crikvenica Riviera, which favours a mild and relaxing climate. 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 after respiratory system diseases, while hydromassages and exercises in a seawater pool are used in physiotherapy.

It has long been known that the healing properties of seawater are determined by its physical and chemical features. The Adriatic Sea is considered the cleanest in the Mediterranean. Seawater is a solution of minerals: natrium, magnesium, calcium, chlorine, sulphates and bicarbonates. It also contains traces of copper, manganese, selenium and zinc. Research has shown that the salts and microelements (Ca, Fe, Mg, Na, Cu, Sn, etc.) that can be found in seawater have antiseptic, antibacterial and antiviral effects.







Zagreb 170 km
Trieste 110 km
Ljubljana 150 km

Graz 340 km
Vienna 520 km
Budapest 510 km

Bratislava 520 km
Munich 550 km

50 YEARS IN HEALTH SERVICE
Thalassotherapia
CRIKVENICA

Thalassotherapia Crikvenica
Hospital for Medical Rehabilitation of Primorje-Gorski Kotar County
Gajevo šetalište 21, 51260 Crikvenica, Croatia
www.thalasso-ck.hr

Contact:
Tel: +385 51 407 666 / +385 51 407 636 , Fax: +385 51 785 062
E-mail: info@thalasso-ck.hr

CROATIA · KVARNER Bay of Lights · KVARNER HEALTH Destination · Crikvenica Riviera

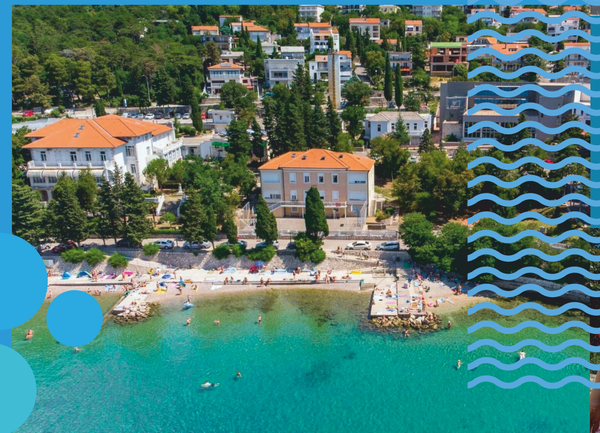
Thalassotherapia
CRIKVENICA



CHOOSE HEALTH



The Thalassotherapia Crikvenica is a medical centre with a long tradition of using thalassotherapy in healthcare, prevention, medical holidays and rehabilitation. Thanks to its location in a cove with crystal clear sea next to a pebbly beach and a 6 km-long promenade, amidst a verdant Mediterranean park, the Thalassotherapia is ideal for thalassotherapy treatments, convalescence and rest. As early as a hundred years ago, Crikvenica was recognised by the first European visitors as the perfect place to relax and convalesce due to its extraordinarily favourable climate, mild winters and moderately warm summers, favourable air currents, unique mixture of sea and mountain air, abundance of sea aerosol in the air, and extraordinarily clean, shallow sea. Today's Thalassotherapia is a modern health facility that combines the principles of thalassotherapy with the latest achievements in modern medicine, which yields exceptional results in treating diseases of the musculoskeletal and respiratory systems in children, adults and senior citizens.
















Physical medicine and physiotherapy

The Thalassotherapia Crikvenica offers integral solutions for musculoskeletal system disorders and diseases, whether they are caused by surgical interventions (artificial joints, reconstructions of ligaments), fractures, traumas, sports injuries, or are the result of degenerative changes in joints, muscles and the nervous system.

Our rehabilitation programmes take place under the constant supervision of experienced medical specialists in physical medicine and rehabilitation. Our professional team of physical therapists with many years of experience and continuous training in specific areas of physiotherapy is in charge of the process of physiotherapy and carries out the treatments.

Indications:
1. Pre- and post-operative rehabilitation after orthopaedic procedures on the musculoskeletal system
2. Post-operative rehabilitation after spinal surgery
3. Post-traumatic conditions after fractures and injuries to the musculoskeletal system
4. Degenerative changes in joints and the spine and rheumatic diseases
5. Diseases of the nervous system: multiple sclerosis, conditions after cerebrovascular insult or neuropathy

Therapeutic procedures:
individual physiotherapeutic exercises (Bobath, PNF) ◦ joint mobilisation/manipulation (Maitland, Cyriax, Mulligan, Kaltenborn) ◦ soft tissue mobilisation ◦ continuous passive warm-up ◦ isokinetic exercises ◦ K-taping ◦ dry air cryotherapy ◦ individual exercises in a Hubbard tank ◦ exercises in a seawater pool ◦ hydrotherapy ◦ medical massages ◦ manual lymphatic drainage ◦ various electrotherapy procedures

A combination of therapeutic procedures is designed individually for each patient in accordance with their specific medical condition.

Rehabilitation of respiratory organs

The purpose of respiratory rehabilitation is to efficiently remove the causes and symptoms of chronic, allergic, acute and subacute respiratory diseases. Our rehabilitation programmes are led by otorhinolaryngology and pulmonology specialists, or paediatric pulmonology specialists for children. In treatments and rehabilitation, we use a multidisciplinary approach that treats the upper and lower respiratory tract as a whole. The treatments are carried out by a team of pulmonology, paediatric, otorhinolaryngology, allergology and physical medicine and rehabilitation specialists, as well as nurses and physiotherapists. For the most part, rehabilitation takes place in the largest and best-equipped inhalatorium in the Adriatic, using a unique method of inhaling seawater and essential oils.

Indications for treatment:

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

Upper respiratory tract diseases: chronic, allergic and vasomotor rhinitis and sinusitis; chronic and acute laryngitis, tracheitis, pharyngitis, tonsillitis and adenoiditis; vocal cord disorders; post-surgical conditions; radio and chemotherapy of the upper respiratory tract.

Therapeutic procedures:
seawater inhalation ◦ essential oil inhalation ◦ medication inhalation ◦ vibrating inhalation ◦ IPPB inhalation ◦ throat and nasal irrigation ◦ respiratory kinesitherapy ◦ breathing exercises ◦ vibrating massages

A combination of therapeutic procedures is designed individually for each patient in accordance with their specific medical condition.

Specialist medical examinations and diagnosis

The Thalassotherapia Crikvenica offers 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 areas: pulmonology, allergology, cardiology, dermatology, rheumatology, gastroenterology, nephrology
- cardiology
- dermatology and venereology
- 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, body plethysmography, diffusion, audiological diagnostics, allergy testing (prick tests), musculoskeletal system ultrasounds, electromyoneurography, echocardiography, ergometry, Holter ECG, Holter CNAP, ECG, venous colour Doppler, dermoscopy




Accommodation and services

In addition to first-class medical treatment, we also offer additional services to make your stay and rehabilitation as successful and pleasant as possible. Our clients can use our quality accommodation facilities in an outstanding 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 wonderful surroundings.

The Villa Dalmacija and Villa Lovorka provide hotel accommodation upon payment.

Villa Dalmacija:
Location: in the shade of maritime pines, 100 m from a pebbly beach and seaside promenade.
Features: 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 desk, medical rehabilitation centre and pool by a breezeway, and features an elevator. Half-board service is provided in the central restaurant located 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 desk and pool.
The villa does not have an elevator.
Features: seven 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.

Additional amenities: seawater pool, massages, park for medical rehabilitation, restaurant, café, multifunctional halls, laundry, beach