Thalassotherapia
CRIKVENICA

CHOOSE
HEALTH







Thalassotherapia Crikvenica is a medical rehabilitation centre boasting a century-long tradition of providing health services through the application of thalassotherapy treatment in preventive medicine, health-oriented holidays and rehabilitation.

Situated in a cove washed by the crystal-clear sea, on a pebble beach lined by a 6 km-long walkway amid a park enveloped by verdant Mediterranean vegetation, its location is perfect for thalassotherapy treatments, recovery and relaxation. As early as a hundred years ago, Crikvenica was discovered by the first visitors from Europe who were searching for a place to relax and recover and who soon began swarming the town mostly due to the particularly clement climate, mild winters and moderately hot summers, favourable air streams, the intermingling of sea and mountain air, the clean air rich in sea salt aerosols and the exceptionally clean and shallow sea.

Today, *Thalassotherapia* is a state-of-the-art medical facility that fuses the principles of thalassotherapy treatment with breakthroughs in modern medicine and thus achieves outstanding results in treating locomotor and respiratory disorders in children, adults and the elderly.

Climatotherapy and thalassotherapy apply natural healing factors characteristic of the coastal and littoral areas with the aim of improving health and the quality of life. The natural healing factors of the Crikvenica Riviera, such as the climate, clean air, salt water, solar radiation and vegetation, preserve health, aid in the prevention, recovery and rehabilitation from various diseases and improve the quality of life. They strengthen the body, soul and mind.

The application of thalassotherapy for medical purposes primarily refers to the utilisation of salt water in therapeutic procedures. Salt water and essential oils are inhaled as part of rehabilitation from respiratory diseases, while hydro massage and exercises in salt water swimming pools are included in the physical therapy. Walks and other types of physical activity by the sea improve health. Thalassotherapy procedures are also featured in treatments and spa programmes.





Thalassotherapy – sea healing





Physical medicine and physiotherapy

Thalassotherapia Crikvenica offers a complete solution for musculoskeletal disorders and diseases. The rehabilitation programmes are constantly supervised by experienced doctors who specialise in physical medicine and rehabilitation. The expert team of physical therapists, who have many years of experience and are continuously educated in specific areas of physical therapy, manage the physical therapy process and conduct the procedures. The combination of therapeutic procedures is tailored to each client based on their individual health conditions.

Indications

1. preoperative and postoperative rehabilitation following orthopaedic procedures on the musculoskeletal system
2. postoperative rehabilitation following surgical procedures on the spine
3. post-traumatic conditions following fractures and injuries of the musculoskeletal system
4. degenerative alterations of the joints and spine and rheumatic diseases
5. neurological diseases: multiple sclerosis, conditions following cerebral strokes, neuropathies

Therapeutic procedures

- individual physical therapy exercises (Bobath, PNF)
- joint mobilisation/manipulation (Maitland, Cyriax, Mulligan, Kaltenborn)
- soft tissue mobilisation
- continuous passive motion
- isokinetic exercise
- K-taping
- dry air cryotherapy
- individual exercise in a Hubbard tank
- exercise in a salt water swimming pool
- hydro therapy
- medical massage
- manual lymphatic drainage
- various electrotherapy procedures
- INDIBA – radiofrequency

Rehabilitation of respiratory organs or respiratory rehabilitation is intended to efficiently eliminate the causes and symptoms of chronic, allergic, acute and subacute respiratory diseases.

The rehabilitation programmes are managed by otorhinolaryngology, pulmonology and pediatric pulmonology specialists aided by physical therapists. Rehabilitation is mostly conducted at the largest and best-equipped inhalatorium in the Adriatic. The combination of therapeutic procedures is tailored to each client based on their individual health conditions.

Indications

Lower respiratory tract diseases:
Bronchial asthma, allergic and non-allergic, chronic obstructive pulmonary disease (COPD), pneumonia, bronchitis, occupational lung diseases, conditions following surgical procedures, radiotherapy and chemotherapy on the thorax, bronchi and lungs. Recurrent respiratory infections accompanied by bronchoconstriction. Immotile-cilia syndrome. Cystic fibrosis.

Upper respiratory tract diseases:
Chronic, allergic and vasomotor rhinitis, chronic and acute inflammations of the throat, oesophagus, pharynx, tonsils and adenoids, larynx disorders, conditions following surgical procedures, radiotherapy and chemotherapy on the upper respiratory tract.

Therapeutic procedures

◦ salt water inhalation
◦ essential oil inhalation
◦ medication inhalation
◦ vibrating inhalation
◦ IPPB inhalation
◦ throat and nose rinsing
◦ respiratory kinesiotherapy
◦ breathing exercises
◦ vibration massage

Respiratory rehabilitation









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

- otorhinolaryngology with audiology
- pulmonology
- physical medicine
- paediatric fields: pulmonology, allergology, cardiology, dermatology, rheumatology, gastroenterology
- cardiology
- dermatology and venerology
- baromedicine.

Specialist examinations and diagnostic procedures are provided by experienced medical teams comprising specialists, subspecialists and specially trained nurses.

Diagnostic procedures

◦ spirometry
◦ FeNO
◦ impulse oscillometry
◦ body plethysmography
◦ diffusion
◦ audiology diagnostics
◦ allergy testing (prick test)
◦ musculoskeletal ultrasound
◦ electromyoneurography
◦ cardiac ultrasound
◦ ergometry
◦ ECG holter
◦ ABPM holter
◦ ECG
◦ colour doppler sonography
◦ dermatoscopy

Specialist examinations and diagnostics

The ***Thalasso Medical Spa*** offers a wide range of relaxation, revitalisation and prevention medicine services. The services are tailored to the needs of each client by utilising beneficial Mediterranean herbs and sea salt across a plethora of massage types, relaxation and beauty treatments and preventive medicine programmes.

Expert therapists and a cosy atmosphere are bound to meet the expectations of every ***Thalasso Medical Spa*** guest.

Offer

- medical massages
- relaxation massages
- sports massage
- hydro massage
- lymphatic drainage
- face and body treatments
- prevention medicine programmes





Thalasso Medical Spa





Besides providing first-rate medical assistance, we offer other services to make your stay and rehabilitation as successful and comfortable as possible. Clients have quality accommodation at their disposal in a beautiful location by the sea. In addition to clients undergoing rehabilitation, their companions and all other guests in search of relaxation, rest and recreation in beautiful surroundings can stay in the accommodation facilities.

VILLA DALMACIJA

Location: in the shade of coastal pine trees, 100 m from the pebble beach and waterfront.
Features: 49 stylishly decorated rooms (single, double, triple, family) which are equivalent to 3 hotel stars. Double rooms, with or without an extra bed, face the sea and come with a balcony. Single rooms face the park and do not have a balcony.
The villa is connected with the front desk, rehabilitation centre and swimming pool by a heated corridor. Full board is available at the central restaurant 200 m away.

VILLA LOVORKA

Location: beachfront, next to the children's respiratory rehabilitation ward and the rehabilitation centre and 200 m from the medical rehabilitation centre, front desk and swimming pool.
Features: 7 stylishly furnished apartments, which are equivalent to 3 hotel stars. The apartments can accommodate 2-5 people. A few come with a sea view and patio. They have a kitchen.

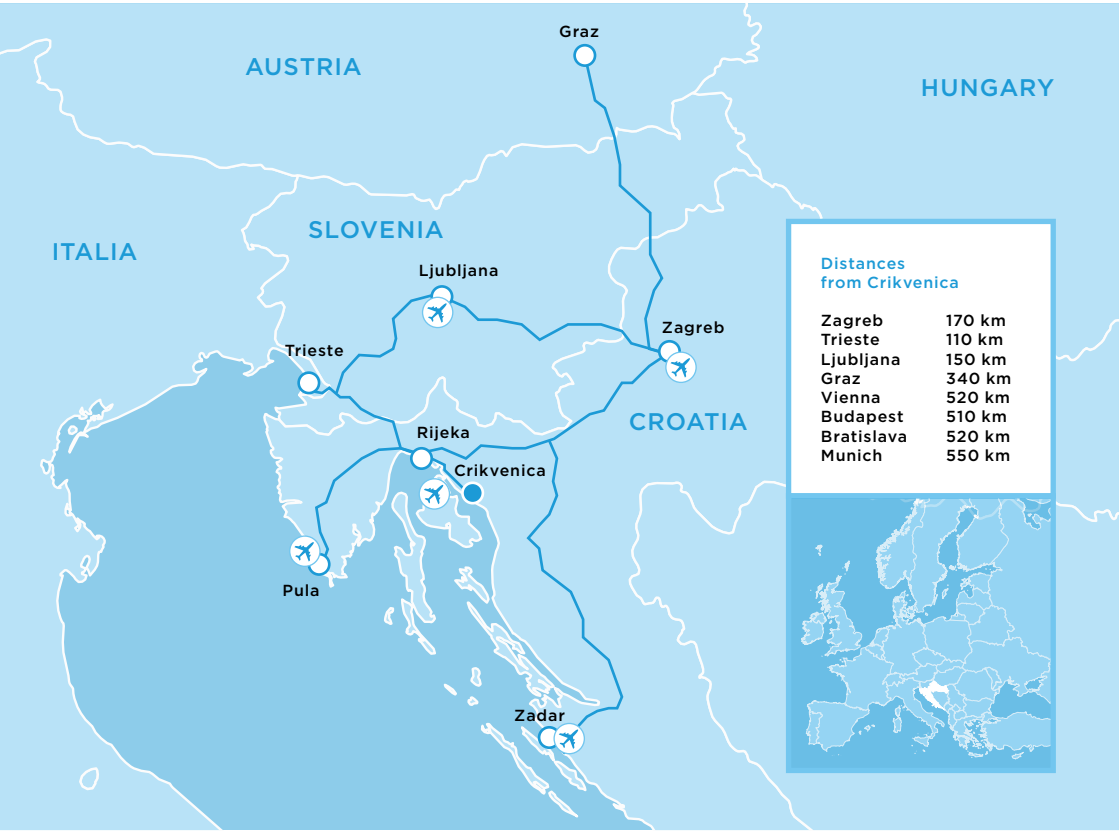
Other services:

◦ salt water swimming pool
◦ medical rehabilitation park
◦ restaurant, cafe
◦ multi-purpose halls
◦ laundry room
◦ beach

Accommodation and services

Thalassotherapia
CRIKVENICA

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