



Postoperative program

The postoperative rehabilitation stay is recommended to all those who, after an orthopedic surgery, want to return to full mobility under the constant supervision of specialists, as well as effectively use the time for general improvement and prevention. We offer the care of an orthopedic doctor, professional physiotherapeutic care and access to the equipment necessary to carry out the rehabilitation process. The duration and scope of physiotherapy are tailored to the individual needs of the patient, in accordance with medical recommendations.

The post-operative rehabilitation stay takes place at the MIRAI Clinic in Otwock.

THE AIM OF OUR WORK WILL BE:

- assessment of health after surgery, both structural and functional
 - desensitization of tissues, reduction of pain and mobilization of the lost range of motion through manual therapy
 - restoring the efficiency of the operated area of the body through exercises performed with a physiotherapist
 - strengthening the weakest elements of the kinetic chain of the musculoskeletal system through training designed and performed under the strict supervision of a physiotherapist
 - re-education in the field of movement patterns that may be the cause of surgically corrected defects
 - improvement of body posture, often imperfect and a source of constant tissue overload
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When preparing the program of the stay, we took care of a comprehensive approach to assessing and improving the health of our patients. Therefore, it includes:

- physiotherapeutic consultation with the definition of goals, therapy plan and scope of physiotherapy treatments, aimed at the observed individual dysfunctions
- daily hourly manual therapy
- daily functional medical training
- daily individual exercises
- daily one hour session of physical therapy
- daily (except the first day) one-hour session of oxygen therapy in a hyperbaric chamber



At the Patient's request, we can include additional consultations with our specialists in the plan of the stay; dietician, vascular surgeon, rheumatologist, psychologist, doctor of aesthetic medicine

During their stay, our patients live in wood-restored rooms of the former Gurewicz Guesthouse in one of the wings of the facility, and meals are served in our stylish restaurant.

All consultations and treatments take place in the same facility.

We provide our patients with: free parking, a discount for any additional examinations/therapeutic sessions, the possibility of unlimited exercise and Internet access.

*It is possible to personalize the offer.

YOU ARE INVITED TO JOIN US

MIRAI
CLINIC

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