

# POST - COVID REHABILITACIJA

u specijalnim bolnicama za medicinsku rehabilitaciju i lječilištima

*POST - COVID REHABILITATION*

*in special hospitals for medical rehabilitation and health resort/spa, thermal resort*

# POST - COVID REHABILITACIJA

## Post - COVID rehabilitation

Uzimajući u obzir pandemiju bolesti COVID-19, posljedičnu moguću pojavu post-COVID sindroma, činjenicu da je zbrinjavanje bolesnika s post-COVID sindromom velik izazov za zdravstveni sustav u cjelini, uspostava i provedba različitih post-COVID programa rehabilitacije od velikog je značaja.

COVID-19 kao multisistemska bolest s raznolikim kliničkim slikama uslijed oštećenja više organskih sustava, ostavlja negativne posljedice na fizičko i mentalno zdravlje oboljelih osoba kao i na njihovu radnu sposobnost. Sve više osoba nakon preboljenja bolesti COVID-19, osim akutne manifestacije, ima i produljene simptome - dugi COVID, koji mogu trajati više tjedana i mjeseci nakon preboljenja. Tegobe se najčešće manifestiraju respiratornim simptomima, ali i simptomima oštećenja drugih organskih sustava - kardiovaskularnog, neurološkog, koštano-mišićnog sustava, a često ostavlja psihološke posljedice, kao i kognitivne poremećaje, što dovodi do smanjenja funkcioniranja u svakodnevnim aktivnostima i utječe na kvalitetu života.

Prema podacima Svjetske zdravstvene organizacije, čak 10-20% osoba koje su preboljele bolest COVID-19, razviju simptome koji se mogu dijagnosticirati kao dugi COVID - <https://www.who.int/europe/news-room/fact-sheets/item/post-covid-19-condition>.

S obzirom na navedeno, pravovremeno i ciljano liječenje te primjena različitih postupaka u okviru provedbe programa post-COVID rehabilitacije od velikog je značaja, koje u Hrvatskoj, među ostalim pružaju i specijalne bolnice za medicinsku rehabilitaciju i lječilišta.

*Taking into account the COVID-19 pandemic, the consequent possible occurrence of post-COVID syndrome, as well as the fact that the management of patients with post-COVID syndrome is a major challenge for the health system as a whole, the establishment and implementation of various post-COVID rehabilitation programmes is of great importance.*

*As a multisystem disorder with a variety of different clinical pictures due to damage to multiple organ systems, COVID-19 has negative impacts on both the physical and the mental health of people, as well as their ability to work. In addition to acute manifestation, an increasing number of people show prolonged symptoms after recovering from COVID-19 - this is called long COVID, and it can last for several weeks and even months after recovery. These prolonged symptoms are most often manifested as respiratory symptoms, but can also be symptoms of damage to other organ systems - cardiovascular, neurological, and musculoskeletal, often also accompanied by psychological effects and sometimes even cognitive disorders, which all leads to decreased functioning in daily activities and impacts quality of life.*

*According to the World Health Organization, as many as 10 to 20% of people who have had COVID-19 develop symptoms that can be diagnosed as long COVID - <https://www.who.int/europe/news-room/fact-sheets/item/post-covid-19-condition>.*

*In view of the above, the timely and targeted treatment and the application of different procedures in the scope of the implementation of the post-COVID rehabilitation programmes is of great importance. In Croatia, these services are also provided by special hospitals for medical rehabilitation and health resorts/spa, thermal resort.*

SPECIJALNA BOLNICA ZA ORTOPEDIJU BIOGRAD NA MORU  
*Special Orthopaedic Hospital Biograd na Moru*

DARUVARSKE TOPLICE SPECIJALNA BOLNICA ZA MEDICINSKU REHABILITACIJU  
*Daruvarske toplice Special Hospital for Medical Rehabilitation*

SPECIJALNA BOLNICA ZA MEDICINSKU REHABILITACIJU KALOS  
*Special Hospital for Medical Rehabilitation KALOS*

SPECIJALNA BOLNICA ZA MEDICINSKU REHABILITACIJU KRAPINSKE TOPLICE  
*Special Hospital for Medical Rehabilitation Krapinske Toplice*

TOPLICE LIPIK - SPECIJALNA BOLNICA ZA MEDICINSKU REHABILITACIJU  
*Toplice Lipik - Special Hospital for Medical Rehabilitation*

LJEČILIŠTE VELI LOŠINJ  
*Health Resort Veli Lošinj*

NAFTALAN, SPECIJALNA BOLNICA ZA MEDICINSKU REHABILITACIJU  
*Naftalan, Special Hospital for Medical Rehabilitation*

SPECIJALNA BOLNICA ZA ORTOPEDIJU I REHABILITACIJU „MARTIN HORVAT“ ROVINJ - ROVIGNO  
*Ospedale specialistico per l'ortopedia e la riabilitazione "Martin Horvat" Rovinj-Rovigno*  
*Special Hospital for Orthopaedics and Rehabilitation "Martin Horvat" Rovinj-Rovigno*

THALASSOTHERAPIA CRIKVENICA  
*Thalassotherapia Crikvenica - Special Hospital for Medical Rehabilitation of Primorje-Gorski Kotar County*

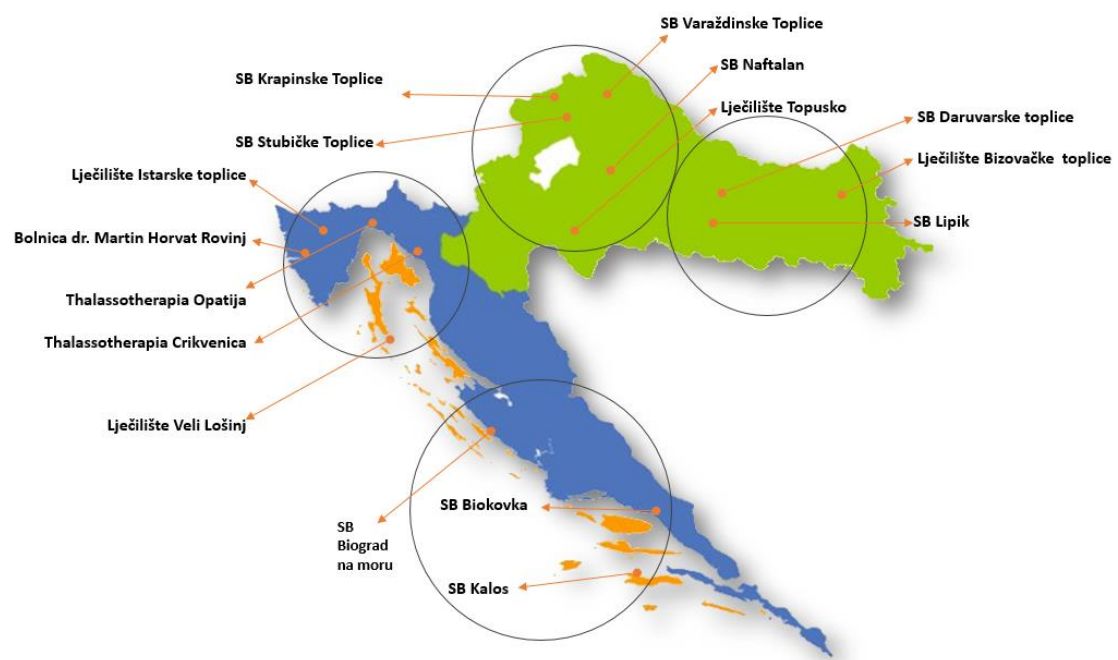
THALASSOTHERAPIA OPATIJA  
*Thalassotherapia Opatija - Special Hospital for Medical Rehabilitation of Heart, Lung and Rheumatic Diseases*

LJEČILIŠTE TOPUSKO  
*Topusko Health Spa*

SPECIJALNA BOLNICA ZA MEDICINSKU REHABILITACIJU VARAŽDINSKE TOPLICE  
*Special Hospital for Medical Rehabilitation Varaždinske Toplice*

LJEČILIŠTE ISTARKE TOPLICE  
*Istrian Thermal Resort*

SPECIJALNA BOLNICA ZA MEDICINSKU REHABILITACIJU STUBIČKE TOPLICE  
*Special Hospital for Medical Rehabilitation Stubičke Toplice*



# SPECIJALNA BOLNICA ZA ORTOPEDIJU BIOGRAD NA MORU

## Special Orthopaedic Hospital Biograd na Moru

Program post-COVID rehabilitacije u Specijalnoj bolnici za ortopediju Biograd na moru je desetodnevni ambulantni program namijenjen osobama koje su preboljele bolest COVID-19 te imaju poteškoća s otežanim disanjem, zamorom, ukočenosti zglobova, slabosti mišića te ograničenom pokretljivošću i sposobnošću obavljanja aktivnosti dnevnog života.



Program post-COVID rehabilitacije uključuje:

- pregled specijalista interne medicine (spirometrija i ultrazvuk srca)
- pregled specijalista fizikalne medicine i rehabilitacije
- deset dana fizikalne terapije (fizioterapeutska procjena, vježbe disanja, grupne vježbe svih dijelova tijela, sobni bicikl i sl.)
- kontrolni pregled specijalista fizikalne medicine i rehabilitacije.

Ciljevi provedbe programa post-COVID rehabilitacije su rana mobilizacija i ponovno kretanje, izvođenje jednostavnih vježbi, neometani povratak aktivnostima svakodnevnog života, oporavak pluća, upravljanje gubitkom daha i zamorom, pronalaženje ravnoteže između aktivnosti i faza odmora.



Specijalna bolnica  
za ortopediju  
Biograd na Moru

## POST COVID REHABILITACIJA 10 DNEVNI AMBULANTNI PROGRAM

ZA OSOBE KOJE NAKON PREBOLJENE BOLESTI  
COVID - 19 IMAJU PROBLEMA SA:

- OTEŽANIM DISANJEM
- ZAMOROM
- UKOČENOSTI ZGLOBOVA
- SLABOSTI MIŠIĆA
- OGRANIČENOM POKRETLJIVOŠĆU I SPOSOBNOŠĆU  
OBAVLJANJA AKTIVNOSTI DNEVNOG ŽIVOTA



*The post-COVID rehabilitation programme at the Special Orthopaedic Hospital Biograd na Moru is a ten-day outpatient programme for people who have had COVID-19 and have difficulty breathing, experience fatigue, joint stiffness, muscle weakness and limited mobility and a reduced ability to perform daily activities.*

*The post-COVID rehabilitation programme includes:*

- internal medicine specialist examination (spirometry and cardiac ultrasound)
- physical medicine and rehabilitation specialist examination
- ten days of physical therapy (physiotherapy assessment, breathing exercises, group exercises for all parts of the body, stationary bike, etc.)
- follow-up examination by a physical medicine and rehabilitation specialist.

*The aim of the post-COVID rehabilitation programme is to help patients restore their mobility as soon as possible, to perform simple exercises, to return to their daily activities, recover their lungs, manage shortness of breath and fatigue, and find the right balance between the right amount of activities and rest.*

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# DARUVARSKE TOPLICE SPECIJALNA BOLNICA ZA MEDICINSKU REHABILITACIJU

## Daruvarske toplice Special Hospital for Medical Rehabilitation

Daruvarske toplice Specijalna bolnica za medicinsku rehabilitaciju specijalizirana je za liječenje reumatskih bolesti, provođenje medicinske rehabilitacije, rekreacije i zdravstvenog turizma te ima dugu tradiciju u liječenju korištenjem prirodnih ljekovitih činitelja - termalne vode i mineralnog blata. Bolnica pruža usluge kod vertebralnih i vertebrogenih sindroma, upalnih reumatskih bolesti, degenerativnih bolesti kralježnice i zglobova, postoperativne rehabilitacije, neurološke rehabilitacije, rehabilitacije djece s poremećajem u razvoju, kroničnih bolnih stanja i sindroma prenaprezanja te rehabilitacije osoba s post-COVID sindromom.



U bolnici se provodi program post-COVID rehabilitacije „VRIJEME ZA MENE“ koji uključuje:

- pregled liječnika specijalista fizikalne medicine i rehabilitacije
- početnu dijagnostiku: spirometrija, antropometrija
- analizu sastava tjelesne mase i prilagođenu prehranu prema preporuci i nadzoru nutricionista
- terapijske procedure uz stručni nadzor fizioterapeuta: podvodna masaža u kadi, vježbe za regeneraciju tijela, vježbe disanja na otvorenom
- terapijske procedure uz stručni nadzor kineziologa: procjena statičkih i dinamičkih parametara povezanih s održavanjem ravnoteže - powerPlate vibracijska platforma, vježbe za kardiovaskularni sustav - vožnja bicikla, stepper, orbitrek, vježbe istezanja
- korištenje bazena s ljekovitom termalnom vodom
- šetnju uz obilazak grada i kulturno-povijesnih znamenitosti uz pratnju licenciranog turističkog vodiča (šetnja cca. 2.5 km)
- smještaj u klimatiziranoj dvokrevetnoj sobi
- puni pansion.

Trajanje programa post-COVID rehabilitacije:

- program u trajanju od 5 dana
- program u trajanju od 12 dana\*

\* dodatno u programu od 12 dana: kontrolni pregled liječnika specijalista fizikalne medicine i rehabilitacije, elektroterapija (TENS), vježbe disanja na otvorenom (2x), nordijsko hodanje lječilišnim perivojem i trim stazom park šume, izrada plana prehrane.



*The Daruvarske Toplice Special Hospital for Medical Rehabilitation specialises in treating rheumatic diseases, medical rehabilitation, recreation and health tourism, and has a long tradition of treating patients with the use of natural healing factors - thermal water and mineral mud. The hospital provides treatment for vertebral and vertebrogenic syndromes, inflammatory rheumatic diseases, degenerative spine and joint diseases, postoperative rehabilitation, neurological rehabilitation, rehabilitation of children with developmental disorders, chronic painful conditions and overtraining syndrome, as well as rehabilitation for people with post-COVID syndrome.*

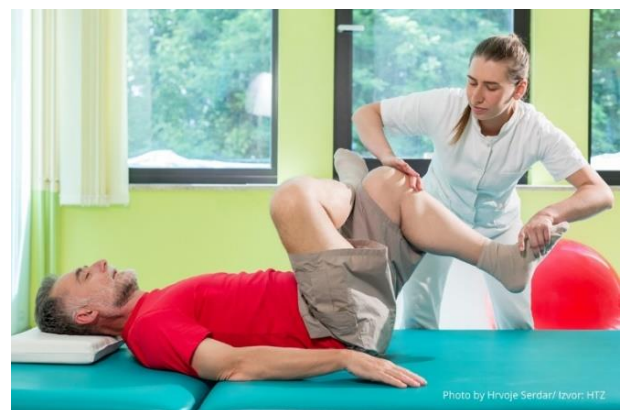
*The hospital offers a post-COVID rehabilitation programme called "TIME FOR ME" which includes:*

- *examination by a physical medicine and rehabilitation specialist*
- *initial diagnostics: spirometry, anthropometry*
- *analysis of body weight composition and adjusted diet according to the recommendation and under the supervision by nutritionists*
- *therapeutic procedures under physiotherapist supervision: underwater bathtub massage, body regeneration exercises, breathing exercises in the outdoors*
- *therapeutic procedures under kinesiologist supervision: assessment of static and dynamic parameters associated with maintaining balance - PowerPlate vibratory platform, cardiovascular exercises - cycling, stepper, elliptical training machines, stretching exercises*
- *use of swimming pools with healing thermal water*
- *walk around the town, visiting different monuments, accompanied by a licensed tourist guide (walk approx. 2.5 km)*
- *accommodation in an air-conditioned double room*
- *full board.*

*Duration of the post-COVID rehabilitation programme:*

- *5-day programme*
- *12-day programme\*.*

*\* The 12-day programme includes extra services: follow-up examination by a physical medicine and rehabilitation specialist, electrotherapy (TENS), outdoor breathing exercises (2x), Nordic walking around the health resort park and along the fitness trail in the forest, drafting a diet plan.*



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# SPECIJALNA BOLNICA ZA MEDICINSKU REHABILITACIJU KALOS

## Special Hospital for Medical Rehabilitation KALOS

Program post-COVID rehabilitacije u Specijalnoj bolnici za medicinsku rehabilitaciju KALOS provodi se po principu multidisciplinarnog timskog rada (liječnik specijalist fizikalne medicine i rehabilitacije, liječnik specijalist neurologije, fizioterapeut, radni terapeut, logoped, psiholog, medicinska sestra). Liječnik specijalist fizikalne medicine i rehabilitacije kreira rehabilitacijski program koji je za svakog korisnika različit, individualan, ciljan i doziran. Tijekom provedbe program se može modificirati prema individualnim potrebama i mogućnostima u svrhu objektivizacije i evidentiranja napretka. Program uključuje edukaciju o kliničkom stanju, definiranje kratkoročnih i dugoročnih ciljeva, motiviranje korisnika kao aktivnog sudionika programa u svrhu poboljšanja njegova respiratornog, neuromišićnog i općeg kondicijskog statusa. Program post-COVID rehabilitacije provodi se u ambulantnim uvjetima s mogućnošću smještaja u vlastitim kapacitetima. Trajanje programa post-COVID rehabilitacije je 2-3 tjedna.



*The post-COVID rehabilitation programme at the Special Hospital for Medical Rehabilitation KALOS is carried out according to the principle of multidisciplinary team work including physical medicine and rehabilitation specialists, neurology specialists, physiotherapists, occupational therapists, speech therapists, psychologists, nurses. The physical medicine and rehabilitation specialist creates a special rehabilitation programme for each patient that is in line with their diagnosis, their aims and their capacities. Modifications are made according to the individual needs and abilities of the patient during the programme, to facilitate achieving and recording progress. The programme includes education about the patient's clinical state, definition of short-term and long-term goals, and patient motivation to actively partake in their recovery to improve their respiratory, neuromuscular and general fitness status. The post-COVID rehabilitation programme is carried out in outpatient settings, with the option of accommodation within the hospital's own facilities. The duration of the post-COVID rehabilitation programme is 2 to 3 weeks.*



Program plućne rehabilitacije uključuje:

- medicinske i opće kondicijske vježbe
- vježbe snaženja
- vježbe disanja
- vježbe koordinacije i ravnoteže
- ostale procedure fizikalne terapije - termoprocedure, hidrogimnastiku bazenu, hidroprocedure u kadama, masaže.

Program se provodi kod osoba sa srednje teškom do teškom kliničkom slikom, neopterećenih opsežnim komorbiditetom, stabilnih, sa saturacijom kisika 93-95% i dobrom funkcijom disanja.

Program neurološke i koštano-mišićne rehabilitacije uključuje:

- vježbe medicinske gimnastike
- elektrostimulaciju mišića ili perifernog živca
- mišićni biofeedback terning
- Pablo trening
- trening na balans platformi
- hidrogimnastiku u bazenu ili hidroprocedure u kadama
- radnu terapiju
- tretmane psihologa i/ili logopeda.



*The pulmonary rehabilitation programme includes:*

- medical and general fitness exercises
  - strengthening exercises
  - breathing exercises
  - coordination and balance exercises
  - other physical therapy procedures - thermotherapy, hydrogymnastics in the pool, hydrotherapy in bathtubs, massages.
- This programme is aimed at people with a mid-severe to severe clinical picture, who do not have extensive comorbidity, are stable and have oxygen saturation 93-95% and good respiratory function.*

*The neurological and musculoskeletal rehabilitation programme includes:*

- medical gymnastics exercises
- muscle or peripheral nerve electrical stimulation
- muscle biofeedback training
- PABLO training
- balance platform training
- hydrogymnastics in the pool or hydrotherapy in bathtubs
- occupational therapy
- psychotherapy and/or speech therapy.

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# SPECIJALNA BOLNICA ZA MEDICINSKU REHABILITACIJU KRAPINSKE TOPLICE

## Special Hospital for Medical Rehabilitation Krapinske Toplice

Programi post-COVID rehabilitacije u Specijalnoj bolnici za medicinsku rehabilitaciju Krapinske Toplice temelje se na prepoznavanju znakova dugog COVID-a koji mogu značajno narušiti zdravlje i kvalitetu života. Dijagnostičke i rehabilitacijske mogućnosti te dosadašnje iskustvo usmjereni su na prepoznavanje i liječenje različitih oblika dugog COVID-a. Nakon pregleda liječnika i eventualne potrebe za dodatnom dijagnostičkom obradom, izrađuje se individualni plan rehabilitacije s ciljem povratka fizičkog, emocionalnog i mentalnog zdravlja. Pažnja se posvećuje i pojavi novih simptoma ili pogoršanju postojećih kroničnih bolesti (npr. hipertenzija, šećerna bolest, kronična glavobolja ili drugi bolni sindromi).



S obzirom na dugogodišnju tradiciju u neurološkoj, kardiološkoj, ortopedsko-traumatološkoj, dječjoj, reumatološkoj rehabilitaciji i liječenju brojnih kroničnih bolnih stanja uz korištenje blagodati termomineralnih izvora u kontekstu hidroterapije i balneoterapije, relaksirajućih wellness programa (relaksirajuće i podvodne masaže, aromaterapija, refleksoterapija, fango blato, parafin) te pružanja usluga na suvremenoj rehabilitacijskoj infrastrukturi koja uključuje elektroterapijske uređaje (ultrazvuk, elektromagnetska terapija, strojna limfna drenaža, mišićna elektrostimulacija i dr.), nove tehnologije u fizikalnoj medicini (udarni val, laser, radiofrekvencijska terapija), suvremenu robotsku, senzornu i računalnu tehnologiju (Tyromotion robotski uređaji) te specifičnu opremu za plućnu i kardiovaskularnu rehabilitaciju (biofeedback uređaji za rehabilitaciju disanja, ergometri s udaljenim praćenjem pulsa i EKG-a), Specijalna bolnica za medicinsku rehabilitaciju Krapinske Toplice u mogućnosti je, ovisno o zdravstvenom stanju osobe, organizirati kardiološku, plućnu, neurološku, neuro-mišićnu rehabilitaciju i fizikalne terapije s ciljem ublažavanja bolnih sindroma.



*The post-COVID rehabilitation programmes at the Special Hospital for Medical Rehabilitation Krapinske Toplice are based on recognizing the signs of long COVID that can impair the health and quality of life of a patient significantly. The diagnostics and rehabilitation capacities, as well as the experience of the staff, are aimed at identifying and treating different types of long COVID. Following a medical examination and, where necessary, additional diagnostic processing, an individual rehabilitation plan is designed for each patient with the aim of restoring their physical, emotional and mental health. Patients are also closely monitored for new symptoms emerging or existing chronic diseases aggravating (e.g., hypertension, diabetes, chronic headache or other pain syndromes).*

*The Special Hospital for Medical Rehabilitation Krapinske Toplice has a long tradition of neurological, cardiological, orthopaedic-traumatological, paediatric, and rheumatological rehabilitation and treatment of numerous chronic pain conditions. Rehabilitation at Krapinske Toplice utilizes the benefits of thermo-mineral sources in hydrotherapy and balneotherapy, includes relaxation wellness programmes (relaxing and underwater massages, aromatherapy, reflexotherapy, fango therapy with mud, paraffin therapy), as well as services using modern rehabilitation infrastructure, which includes electrotherapy devices (ultrasound, electromagnetic therapy, lymphatic drainage machine, muscle electrical stimulation, etc.), new physical medicine technologies (shock wave, laser, radiofrequency therapy), modern robotic, sensor and computer technology (Tyromotion robot devices), as well as special pulmonary and cardiovascular rehabilitation equipment (biofeedback devices for breathing rehabilitation, ergometers with remote pulse monitoring and ECG). The Special Hospital for Medical Rehabilitation Krapinske Toplice offers its patients cardiological, pulmonary, neurological, and neuromuscular rehabilitation and physical therapy in accordance with their diagnosis and with the purpose of alleviating pain syndromes.*

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# TOPLICE LIPIK - SPECIJALNA BOLNICA ZA MEDICINSKU REHABILITACIJU

## Toplice Lipik - Special Hospital for Medical Rehabilitation

U Toplicama Lipik provodi se neurološka rehabilitacija osoba s post-COVID sindromom, kod kojih dominira neurološka simptomatologija. Nakon pregleda liječnika specijalista fizikalne medicine i rehabilitacije i obavljene fizioterapijske procjene, osoba se uključuje u program rehabilitacije koji se provodi individualno te uključuje opći kondicijski trening, trening povećanja jakosti, snage i izdržljivosti mišića, uz provođenje edukacije o prirodi bolesti i načinu vježbanja.

Cilj fizioterapeutskog tretmana je povećanje fizičke aktivnosti, poboljšanje sposobnosti vježbanja, bolja mišićna snaga i izdržljivost, smanjenje subjektivnih simptoma boli, osjetnih senzacija te poboljšanje koordinacije i ravnoteže.



*The Toplice Lipik offers neurological rehabilitation for people who have post-COVID syndrome with predominately neurological symptomatology. Following a medical examination by a physical medicine and rehabilitation specialist and a physiotherapy assessment, the patient begins the rehabilitation programme. The programme is carried out individually and includes general fitness training, strengthening and muscle building exercises, as well as education on the nature of their condition and appropriate exercising.*

*The aim of physical therapy is to increase the physical activity of the patient, improve their ability to exercise and build muscle strength and endurance, reduce their subjective pain symptoms and sensory sensations, and improve their overall coordination and balance.*

Program post-COVID rehabilitacije uključuje:

- holistički individualni pristup liječenju
- pregled liječnika specijalista fizikalne medicine i rehabilitacije (po potrebi i liječnika specijalista reumatologije i neurologije)
- fizioterapijsku procjenu - ispitivanje ravnoteže i koordinacije, GMS i fine motorike prstiju, Post COVID functional status (PCFS), FACIT, Barthelov indeks
- ovisno o anamnezi i kliničkom statusu, moguće je obavljanje dodatnih dijagnostičkih pretraga (EMNG, UZV mišićno-koštanog sustava), razgovor s psihologom, razgovor s nutricionistom
- provedba dozirane individualizirane fizioterapije (kineziterapija u zatvorenom ili na otvorenom, vježbe disanja, sobni bicikl, vježbe na stabilometrijskoj platformi; hidroterapija u termomineralnoj vodi - vježbe u bazenu, podvodna masaža u bisernim i mramornim kadama; termoterapija, elektroterapija, magnetoterapija, laser, terapijski ultrazvuk; masaža na indicaciju liječnika; akupunktura i drugo\*).

\* dodatne mogućnosti (ovisno o statusu i funkcionalnim sposobnostima osobe) - radionice s psihologom, radionice s nutricionistom, art radionice, biciklističke ture, nordijski hod.



*The post-COVID rehabilitation programme includes:*

- holistic and individual approach to treatment
- examination by a physical medicine and rehabilitation specialist and, if necessary, a rheumatology and a neurology specialist
- physiotherapy assessment - testing balancing and coordination, testing muscle power and fine motor skills of fingers, post-COVID functional status (PCFS), FACIT, Barthel index
- depending on patient medical history and clinical status, additional diagnostic tests (EMNG, musculoskeletal system ultrasound) and interviews with a psychologist or a nutritionist are also available
- individual physiotherapy, dosage adjusted to the patient (indoor or outdoor kinesiotherapy, breathing exercises, stationary bike, stabilometric platform exercises; hydrotherapy in thermal water - pool exercises, underwater massage in pearl and marble bathtubs; thermotherapy, electrotherapy, magnetotherapy, laser therapy, ultrasound therapy; physician-recommended massage, acupuncture, and other\*).

\* Additional options (depending on the patient's status and functional abilities) - workshops with a psychologist, workshops with a nutritionist, art workshops, cycling tours, Nordic walking.

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# LJEČILIŠTE VELI LOŠINJ

## Health Resort Veli Lošinj

U Lječilištu Veli Lošinj provode se programi liječenja dišnih putova i astme, programi liječenja alergija, programi liječenja oboljenja kože i poboljšanja stanja kože, programi liječenja psorijaze, programi rehabilitacije postoperativnih stanja lokomotornog sustava, preventivni programi od oboljenja kardiovaskularnog sustava, tretmani ublažavanja utjecaja stresa, te različiti programi za povećanje otpornosti i regeneracije organizma, usvajanja zdravih životnih navika i programi održanja vitalnosti osoba treće životne dobi. Navedeni programi i tretmani baziraju se na raznim medicinskim ali i bihevioralnim terapijama, na zdravoj i dijetetskoj prehrani te prilagođenoj rekreaciji i relaksaciji.



*The Health Resort Veli Lošinj offers respiratory and asthma treatment programmes, allergy treatment programmes, skin disease and skin improvement programmes, psoriasis treatment programmes, rehabilitation programmes for postoperative conditions of the locomotor system, cardiovascular disease prevention programmes, stress mitigation treatments, and different programmes designed to increase overall immunity and regeneration and adopt healthy lifestyle habits, as well as vitality programmes for the elderly. These programmes and treatments are based on different medical and behavioural therapeutic approaches, healthy diets and balanced nutrition, together with adapted physical activities and relaxation.*

Lječilište Veli Lošinj provodi i program post-COVID plućne rehabilitacije. Program se odvija pod kontrolom liječnika specijalista pulmologije, nakon pulmološkog pregleda i evaluacije kompletne plućne funkcije, a provode ga educirani fizioterapeuti. Intenzitet vježbi je prilagođen svakoj osobi ovisno o njezinim tjelesnim mogućnostima. Većina postupaka se provodi na otvorenom prostoru zbog smanjenja mogućnosti respiratornih infekcija i dodatnog efekta klimatoterapije blagotvornom mikroklimom otoka Lošinja. Korisnici usluga mogu biti smješteni u Lječilištu Veli Lošinj ili program koristiti ambulantno.



*The Health Resort Veli Lošinj also offers a post-COVID pulmonary rehabilitation programme. Following an examination by a pulmonology specialist and a complete pulmonary function assessment, the execution of pulmonary rehabilitation programme is supervised by a pulmonology specialist and performed by trained physiotherapists. The intensity of the exercise is tailored to the physical abilities of each patient. Most of the procedures are carried out outdoors in order to reduce the possibility of respiratory infections and to make use of the beneficial effects of the Lošinj island microclimate conditions (climatotherapy). Patients are welcome to stay at the Health Resort Veli Lošinj or to take part in the programme in an outpatient setting.*

Program post-COVID plućne rehabilitacije se sastoji od:

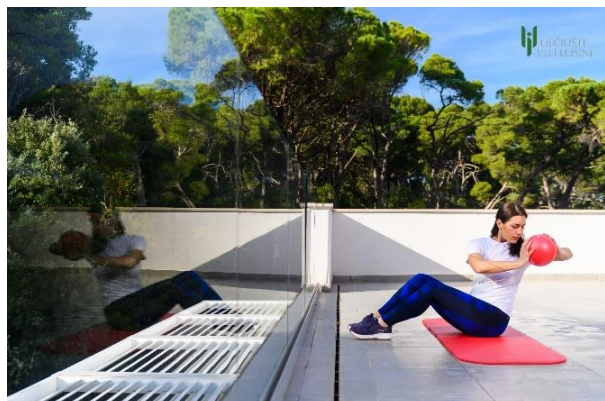
- vježbi disanja
- vježbi za perifernu muskulaturu
- treninga respiratorne muskulature
- aerobnih vježbi
- vježbi balansa
- nutricionističkog savjetovanja.

Trajanje programa post-COVID rehabilitacije je minimalno 12 dana, a optimalno 3 tjedna.

*The post-COVID pulmonary rehabilitation programme consists of:*

- breathing exercises
- exercises for peripheral muscles
- respiratory muscle training
- aerobic exercises
- balance exercises
- nutrition counselling.

*The minimal duration of the post-COVID rehabilitation programme is 12 days, and the optimal duration is 3 weeks.*



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# NAFTALAN, SPECIJALNA BOLNICA ZA MEDICINSKU REHABILITACIJU

## Naftalan, Special Hospital for Medical Rehabilitation

NAFTALAN, specijalna bolnica za medicinsku rehabilitaciju pruža usluge programa post-COVID rehabilitacije u cilju brzog povratka kondicije, podizanja imuniteta i poboljšanja psihofizičkog stanja nakon preboljele bolesti COVID-19, provedbom naftalanoterapije, fizikalne terapije, relaksirajućih procedura, prilagođene prehrane, akupunkture i drugih postupaka.



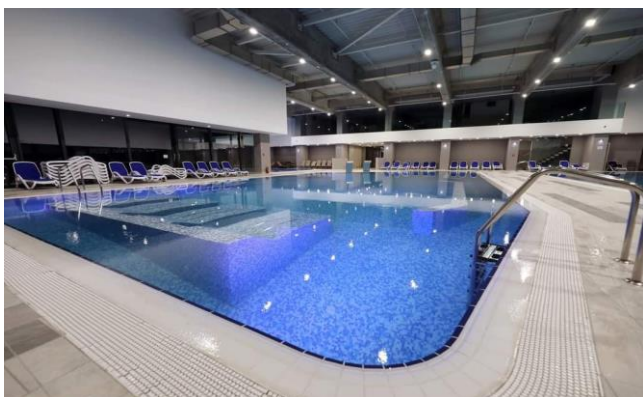
*The Naftalan, Special Hospital for Medical Rehabilitation provides post-COVID rehabilitation programmes to quickly restore fitness, raise immunity and improve the psychophysical condition of patients after COVID-19 through naphthalene therapy, physical therapy, relaxation procedures, adapted diet plan, acupuncture and other procedures.*

Program post-COVID rehabilitacije se sastoji od:

- anamneze i pregleda liječnika specijalista fizikalne medicine i rehabilitacije (kod dolaska)
- pregleda i završnog mišljenja liječnika (kod odlaska)
- mjerenja tjelesne visine, tjelesne težine, BMI, opsega trbuha - kod dolaska, 3. dan i prije odlaska
- EKG, krvni tlak, GUK - kod dolaska, tijekom boravka prema stanju
- fizikalne terapije prema preporuci liječnika ovisno o stanju osobe
- kupki u naftalanu i bazenu s termalnom vodom
- kondicijskog treninga, treninga povećanja snage i izdržljivosti respiratorne muskulature
- vožnje sobnog bicikla ovisno o sposobnostima bolesnika
- vježbi u bazenu (uz stručno vodstvo kineziologa)
- vježbi disanja (uz stručno vodstvo fizioterapeuta)
- akupunkture (točke za mršavljenje i podizanje imuniteta)
- niskokalorijske dijetne bogate namirnicama koje podižu imunitet
- neograničenog korištenja svih bazena.

Trajanje programa post-COVID rehabilitacije:

- program u trajanju od 14 dana
- program u trajanju od 21 dan.



*The post-COVID rehabilitation programme consists of:*

- patient medical history and examination by a physical medicine and rehabilitation specialist (on arrival)
- examination and final opinion of the physician (at departure)
- height, weight, BMI, abdominal circumference measurements - on arrival, day 3 of treatment and before departure
- ECG, blood pressure, blood glucose - on arrival, during stay according to condition
- physical therapy in accordance with the physician's recommendation, depending on patient condition
- baths in naphthalene and thermal water pools
- fitness training, respiratory muscle strengthening and endurance training
- stationary bike training, depending on patient abilities
- exercises in the pool (under expert kinesiologist guidance)
- breathing exercises (under expert physiotherapist guidance)
- acupuncture (weight loss and immunity boosting points)
- low-calorie diet rich in foods that boost immunity
- unlimited use of all swimming pools.

*Duration of the post-COVID rehabilitation programme:*

- 14-day programme
- 21-day programme.

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# SPECIJALNA BOLNICA ZA ORTOPEDIJU I REHABILITACIJU „MARTIN HORVAT” ROVINJ - ROVIGNO

Ospedale specialistico per l'ortopedia e la riabilitazione "Martin Horvat" Rovinj-Rovigno  
Special Hospital for Orthopaedics and Rehabilitation "Martin Horvat" Rovinj-Rovigno

Specijalna bolnica za ortopediju i rehabilitaciju "Martin Horvat" Rovinj-Rovigno zdravstvena je ustanova bogate povijesti i arhitekture koji pruža usluge u području ortopedije, fizikalne medicine i rehabilitacije, klimatoterapije, hidroterapije, dječje rehabilitacije i neurološke rehabilitacije. U okviru usluga bolnica pruža i usluge programa post-COVID rehabilitacije u cilju poboljšanja aktivnosti svakodnevnog života, bolje mišićne snage i izdržljivosti, poboljšanja respiratorne funkcije, poboljšanja kognitivnih sposobnosti te poboljšanja kvalitete života nakon preboljele bolesti COVID-19. Program rehabilitacije započinje pregledom liječnika specijalista fizikalne medicine i rehabilitacije (po potrebi i pregled liječnika specijalista neurologije, specijalista ortopedije, te psihologa i logopeda) uz izradu personaliziranog programa s mogućnošću njegove izmjene i prilagodbe tijekom postupka rehabilitacije.



Program se provodi u zatvorenom prostoru te otvoreno na plaži, tijekom cijele godine, u kombinaciji aerosola i borove šume, grupno ili individualno i se sastoji od:

- vježbi disanja (na otvorenom uz more ili u zatvorenom), vibro masaže, drenažni položaji
- općih kondicijskih vježbi (na otvorenom uz more, u šumi ili u zatvorenom)
- vježbi hodanja, jačanja muskulature (u park-šumi uz more ili u zatvorenom)
- vježbi koordinacije, propriocepcije, balansa
- hidroterapije u moru tijekom ljetnih mjeseci i bazenu s morskom vodom, Hubbard kadi, slobodno plivanje
- Bobath terapije
- fizikalno terapijskih procedura - elektroterapija, magnetoterapija, terapijski ultrazvuk, laser
- suhe masaže, limfne drenaže, hidromasaže
- termoterapije - parafin, solux.

Program se provodi stacionarno (minimalno 3 tjedna) ili ambulantno.



*The Special Hospital for Orthopaedics and Rehabilitation "Martin Horvat" Rovinj-Rovigno is a healthcare facility rich in history and architecture, offering services in the field of orthopaedics, physical medicine and rehabilitation, climatotherapy, hydrotherapy, child rehabilitation and neurological rehabilitation. The hospital also offers post-COVID rehabilitation programmes designed to support everyday activities, build muscle strength and endurance, improve respiratory function and cognitive abilities and the overall quality of life for patients after COVID-19.*



*The rehabilitation programme begins with an examination by a physical medicine and rehabilitation specialist and, where necessary, an examination by a neurology specialist, orthopaedics specialist, psychologist and/or speech therapist. A personalised programme is designed, which can be further adapted and modified during the rehabilitation process.*



*The programme is carried out both indoors and outdoors, on the beach, all year round, harvesting the benefits of the aerosol and the pine forests. It can be carried out in an individual or group setting and it consists of:*

- breathing exercises (outdoors on the beach or indoors), vibro massages, drainage positions
- general fitness exercises (outdoors on the beach in the forest or indoors)
- walking exercises, muscle strengthening exercises (outdoors on the beach in the forest or indoors)
- coordination, proprioception and balance exercises
- hydrotherapy in the sea during the summer months and in a seawater swimming pool, Hubbard bathtubs, freestyle swimming
- Bobath therapy
- physical therapy procedures - electrotherapy, magnetotherapy, ultrasound therapy, laser
- dry massages, lymph drainage, hydromassage
- thermotherapy - paraffin, solux.

*The programme is carried out in the hospital (3 weeks minimum) or in an outpatient setting.*

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# THALASSOTHERAPIA CRIKVENICA

## Thalassotherapia Crikvenica - Special Hospital for Medical Rehabilitation of Primorje-Gorski Kotar County

Thalassotherapia Crikvenica ima dugogodišnju tradiciju u liječenju bolesti dišnih puteva, a osim stručnog kadra i moderne tehnologije, mikrolokacija Thalassotherapije Crikvenica idealna je za boravak i rehabilitaciju plućnih bolesnika i provedbu programa post-COVID plućne rehabilitacije.



Multidisciplinarni pristup rehabilitaciji korisnicima pružaju liječnik specijalist pulmologije, fizioterapeut, medicinska sestra, klinički psiholog te nutricionist. Početak i završetak rehabilitacijskog programa sastoji se od pregleda liječnika specijalista pulmologije i obavljanja pulmoške dijagnostike (spirometrija, difuzijski kapacitet pluća za CO, 6-minutni test hoda) te fizioterapijske procjene (funkcionalni testovi, procjena zaduhe, obrazac disanja, postura i mobilnost grudnog koša, mjerenje snage inspiratornih mišića i dr.). Program se prilagođava svakoj osobi prema njezinom zdravstvenom stanju i ciljevima rehabilitacije. Tijekom programa rehabilitacije radi se na poboljšanju fizičke kondicije te edukaciji o načinima svakodnevnog savladavanja fizičkih napora, s ciljem oporavka od posljedica COVID-a ili pak pomaganjem u navikavanju na život s kroničnim posljedicama COVID-a. Fizioterapeuti provode relaksaciju, vježbe disanja, mobilizaciju, inspiratorni trening na uređajima, rekondicioniranje, edukaciju nordijskog hoda i druge fizioterapijske postupke. Osim vježbi s fizioterapeutom provodi se i trening respiratorne muskulature na posebnim uređajima, a po potrebi se koriste i inhalacijske terapije. Inhalacijska terapija obuhvaća nekoliko metoda uvođenja aerosola standardnih lijekova (bronhodilatatori, kortikosteroidi), pripravaka po specijalnoj recepturi Thalassotherapie Crikvenica te aerosola morske vode što posebno blagotvorno djeluje na dišne putove. Psihološka podrška je značajna zbog adekvatne prilagodbe i suočavanja s novonastalim problemima uzrokovanih akutnom ili kroničnom bolesti, a zbog pojave gubitka tjelesne mase nezaobilazna je i uloga nutricionista.

Program rehabilitacije traje tri tjedna, a provodi se u manjim grupama, što omogućuje kvalitetniji individualni pristup.



*The Thalassotherapia Crikvenica has a long tradition of treating respiratory diseases with the help of professional staff and modern technology. In addition, the microlocation of Thalassotherapia Crikvenica is ideal for the accommodation and rehabilitation of lung patients and the implementation of post-COVID pulmonary rehabilitation programmes.*

*A multidisciplinary approach to rehabilitation is provided by a pulmonology specialist, a physiotherapist, a nurse, a clinical psychologist and a nutritionist. The beginning and completion of the rehabilitation programme include an examination by a pulmonology specialist with pulmonological diagnostics (spirometry, lung diffusing capacity for CO, 6-minute walk test) and a physiotherapy assessment (functional tests, dyspnea assessment, breathing pattern, posture and chest mobility, measuring the strength of inspiratory muscles, etc.). The programme is adapted to each patient individually, according to their health status and rehabilitation goals.*



*Throughout the rehabilitation programme, restoring the physical fitness and educating the patient on the management of their daily challenges are in focus, with the aim of helping them recover from the effects of COVID-19 or adapt to living with the chronic effects of the disease. Physiotherapists carry out relaxation, breathing exercises, restoring mobility, inspiratory muscle training on devices, reconditioning, Nordic walking education, and other physiotherapy procedures. In addition to the exercises with a physiotherapist, respiratory muscle training is carried out on special devices, and, if necessary, inhalation therapies are applied. Inhalation therapy includes several methods of introducing standard drugs in aerosol form (bronchodilators, corticosteroids), preparations according to the special recipe of Thalassotherapia Crikvenica, and aerosol seawater which has a particularly beneficial effect on the respiratory system. Psychological support is very important for patients learning to cope with their new health problems brought on by acute or chronic illness, and the role of nutritionists is vital in supporting healthy weight loss.*

*The rehabilitation programme lasts three weeks. It is carried out in smaller groups, allowing for a more individual approach.*

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# THALASSOTHERAPIA OPATIJA

## Thalassotherapia Opatija - Special Hospital for Medical Rehabilitation of Heart, Lung and Rheumatic Diseases

Thalassotherapia Opatija je klimatsko lječilište poznato još od 1889. godine. Bolnica je osnovana 1957. godine, prvenstveno za potrebe dijagnostike i liječenja s naglaskom na prevenciju bolesti srca i krvnih žila, plućnih i reumatoloških bolesti. Ključ uspješnosti provedbe programa post-COVID rehabilitacije je timski rad različitih specijalističkih djelatnosti. Stalnom edukacijom kadra, kohezivnim i interdisciplinarnim pristupom svih rehabilitacijskih djelatnosti (liječnika različitih specijalnosti, medicinskih sestara, fizioterapeuta, nutricionista, psihologa i kineziologa) povezuju se područja rada i potiče razvoj znanja i vještina u svakodnevnom kliničkom radu što omogućuje cjelovit kontekst za integrativnu djelatnost koja vodi većoj mogućnosti unaprjeđenja post-COVID rehabilitacijskih postupaka s personalizirano dizajniranim programima. U provedbi rehabilitacijskih programa koristi se najsuvremenija oprema (laboratorij za funkcionalnu dijagnostiku, izokinetičko testiranje na uređaju „Cybex CSMI“, antigravitacijska traka, digitalno ogledalo „D-wall“ i drugi). U svakodnevnoj kliničkoj praksi rehabilitacije post-COVID bolesnika poseban naglasak se daje na terapiji tjelesnom aktivnošću koja se propisuje kao lijek.



Program post-COVID rehabilitacije se sastoji od:

- pregleda liječnika, fizioterapeuta i medicinske sestre, po dolasku
- antropometrijskog mjerenja (težina, visina, BMI) x 2
- 6 minutnog testa hoda x 2
- ergometrije/ergospirometrijskog testiranja
- spirometrije
- procjene snage i izdržljivosti respiratornih mišića
- nutricionističkih radionica
- psihološkog savjetovanja i radionica
- svakodnevnih individualizirano propisanih vježbi, uz konstantan nadzor fizioterapeuta
- kontrole pravilnog uzimanja lijekova
- svakodnevnih edukativnih predavanja
- vizite nadležnog specijaliste, dvaput tjedno.



Osim navedenog, svaki posjetitelj može uživati i u jedinstvenoj klimi, blizini šetnice „Lungomare“, kao i drugim šetnicama pogodnim za aktivnu rehabilitaciju. Potpuni sklad iskustva, stručnog obrazovanja i usavršavanja, najsuvremenija medicinska, dijagnostička i terapijska oprema te idealne klimatske karakteristike definiraju Thalassotherapiju Opatija kao izvrsno mjesto za odmor, zdravlje i užitak. Boravak u njoj pruža prirodne resurse, široku ponudu usluga, personalizirani pristup liječenju prilagođen potrebama i očekivanjima korisnika, kao i fuziju medicinske i lječilišne usluge u Thalasso Wellness centru.



*Thalassotherapia Opatija is a climatic health resort famous since 1889. The hospital was founded in 1957, primarily for diagnostics and treatment, with an emphasis on the prevention of cardiovascular, pulmonary and rheumatological diseases. The key to the success of the post-COVID rehabilitation programmes lies in the teamwork of different specialists. Through the continuous education of the staff and a cohesive and interdisciplinary approach in all rehabilitation activities (different specialists, nurses, physiotherapists, nutritionists, psychologists, kinesiologists), different areas are connected and the development of knowledge and skills in everyday clinical work is encouraged, thus providing a comprehensive context for integrative activities leading to greater possibilities for the improvement of post-COVID rehabilitation procedures with personalised programmes. State-of-the-art equipment is used in the implementation of the rehabilitation programmes: functional diagnostics laboratory, isokinetic testing on the “Cybex CSMI” device, anti-gravity treadmill, “D-wall” digital mirror, etc. In the everyday clinical practice of rehabilitation of post-COVID patients, special emphasis is placed on physical activity therapy, which is prescribed as treatment.*

*The post-COVID rehabilitation programme consists of:*

- examination by a physician, physiotherapist and nurse, on arrival
- anthropometric measurements (weight, height, BMI) x2
- 6-minute walk test x2
- ergometry/ergospirometry testing
- spirometry
- respiratory muscle strength and endurance assessment
- nutrition workshops
- psychological counselling and workshops
- individually prescribed daily exercises, with constant physiotherapist supervision
- control of the correct use of medicinal products
- daily educational lectures
- visits by a specialist in charge, twice a week.

*In addition to the above, patients are welcome to enjoy the unique climate and walk along the Lungomare promenade and the many other promenades suitable for active rehabilitation. The complete harmony of experience, professional education and training, cutting-edge medical, diagnostic and therapeutic equipment as well as the ideal microclimate are what makes Thalassotherapia Opatija an excellent place for rest, health and enjoyment. Staying at Thalassotherapia Opatija gives the patient access to natural resources, a wide range of professional services, and an individual approach to treatment tailored to their needs and expectations, as well as a fusion of medical and health resort services at the Thalasso Wellness centre.*

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# LJEČILIŠTE TOPUSKO

## Topusko Health Spa

Lječilište Topusko se u provedbi programa post-COVID rehabilitacije vodi individualnim pristupom od pregleda osobe, terapije i same provedbe rehabilitacijskog programa.



Primjena termalne vode i ljekovitog blata u svrhu liječenja djeluje poticajno na cijeli, a posebno na oboljeli organizam, na način da reaktivira sve njegove funkcije i stimulira sve tjelesne obrambene mehanizme. Primjena terapija jedinstvenom ljekovitom vodom u Lječilištu Topusko je višestruka - od hidroterapije u bazenu, do individualnih hidroterapijskih postupaka u kadi (hidromasaža, vježbe, elektroprocedure). Terapijske vježbe u bazenu se provode grupno uz nadzor fizioterapeuta, a temperatura vode u terapijskom bazenu iznosi 34°C. Individualni hidroterapijski postupci provode se u kadama u kojima se temperatura vode prilagođava pojedincu ovisno o njegovom zdravstvenom stanju, uz individualni pristup fizioterapeuta. Ljekovito blato potiče cirkulaciju i prokrvljenost, izmjenu tvari i izlučivanje štetnih tvari iz organizma, a jača i imunološki sustav.



Tradicionalno liječenje termalnom vodom i ljekovitim blatom dobro je ukomponirano s najsuvremenijim tretmanima udarnim valom, K-tapingom, laserom, magnetoterapijom, biofeedbackom, trakcijskom dekompresijom kralježnice, ultrazvukom, Tecar terapijom te najnovijim saznanjima iz fizikalne terapije.

Lječilište Topusko je idealno mjesto za provođenje rehabilitacije kod osoba s post-COVID sindromima. Količina i kvaliteta usluge daju skladnost u liječenju i ključ su brzog oporavka i vraćanja pacijenata njihovim svakodnevnim životnim aktivnostima.

*In the implementation of post-COVID rehabilitation programmes, the Topusko Health Spa applies an individual approach right from the first examination of the patient, modifying the therapy and rehabilitation programme to their needs.*

*The therapeutic application of thermal water and mud in treatment has a stimulating effect the whole body, reactivating all its functions and stimulating defence mechanisms. The therapies using unique curative water in the Topusko Health Spa are multifaceted - from hydrotherapy in the pool, to individual hydrotherapeutic procedures in the bathtub (hydromassage, exercises, electroprocedures). The therapeutic exercises in the pool are carried out in groups, under physiotherapist supervision, with the pool water temperature at 34°C. Individual hydrotherapeutic procedures are carried out in bathtubs, with the temperature of the water adjusted to the patient according to their health status, with individual guidance from the physiotherapist.*



*Therapeutic mud promotes blood flow, boosts metabolism and excretion of harmful substances from the body, and supports the immune system. Traditional thermal water and therapeutic mud treatments are combined with the latest treatments using shock waves, K-taping, laser, magnetotherapy, biofeedback, spinal traction and decompression, ultrasound, TECAR therapy, and the current advances in physical therapy.*

*The Topusko Health Spa is an ideal place for rehabilitation for people with post-COVID syndromes. The quantity and quality of services contribute to harmony in treatment and are key to a rapid recovery of patients eager to go back to their regular daily activities.*



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# SPECIJALNA BOLNICA ZA MEDICINSKU REHABILITACIJU VARAŽDINSKE TOPLICE

## Special Hospital for Medical Rehabilitation Varaždinske Toplice

Fokus rehabilitacije u Specijalnoj bolnici za medicinsku rehabilitaciju Varaždinske Toplice usmjeren je na osobe s koštano mišićnim i neurološkim te pratećim kognitivnim problemima. Svi rehabilitacijski postupci bazirani su na interdisciplinarnom i individualnom pristupu.



*Rehabilitation at the Special Hospital for Medical Rehabilitation Varaždinske Toplice is aimed at people with musculoskeletal and neurological disorders and the accompanying cognitive disorders. All rehabilitation procedures are based on an interdisciplinary and individual approach.*

*The rehabilitation programme for patients with post-COVID syndrome begins with an examination by a physical medicine and rehabilitation specialist who draws up a rehabilitation plan, and, depending on the clinical assessment and the condition of the patient, other specialists are included in the rehabilitation team - internal medicine specialists, neurology specialists, orthopaedics specialists, clinical psychologists, speech therapists, kinesiologists, nutritionists, occupational therapists, etc.*

*Based on the examination, the findings and the functional status of the patient, an individually tailored rehabilitation programme is designed. The programme is carried out in the hospital (3 weeks minimum) or in an outpatient setting, and the accommodation level depends on the functional status of the patient.*

Program rehabilitacije osoba s post-COVID sindromom započinje pregledom liječnika specijalista fizikalne medicine i rehabilitacije koji izrađuje plan rehabilitacije, a ovisno o kliničkoj procjeni i stanju osobe pored članova standardnog rehabilitacijskog tima uključuju se i stručnjaci drugih specijalnosti (specijalist interne medicine, specijalist neurologije, specijalist ortopedije, klinički psiholog, logoped, kineziolog, nutricionist, radni terapeuti i drugi). Na osnovi pregleda i nalaza te funkcionalnog statusa osobe, izrađuje se individualni prilagođeni program rehabilitacije koji se provodi stacionarno (minimalno 3 tjedna) ili ambulantno, a razina smještaja ovisi o funkcionalnom stanju osobe.

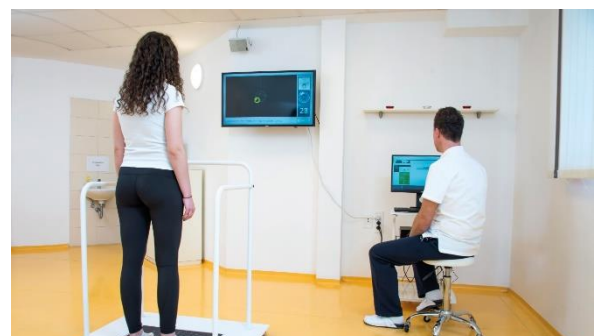


*The aim of the rehabilitation programme is to improve:*

- everyday activities
- muscle strength and endurance
- respiratory function
- cognitive abilities
- provide psychosocial support and education for patients and families
- quality of life.

Cilj provedbe rehabilitacijskog programa je poboljšati:

- aktivnosti svakodnevnog života
- mišićnu snagu i izdržljivost
- respiratornu funkciju
- kognitivne sposobnosti
- pružiti psihosocijalnu podršku i edukaciju pacijenata i obitelji
- kvalitetu života.



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# LJEČILIŠTE ISTARSKÉ TOPLICE

## Istrian Thermal Resort

Jedinstveni sastav vode u Lječilištu Istarske Toplice znanstveno i u praksi dokazano uspješno pomaže u liječenju kroničnih reumatskih bolesti, degenerativnih bolesti lokomotornog sustava, dermatoloških bolesti (psorijaza, razne dermatoze), bolesti gornjih dišnih puteva (sinusitis, laringitis), ginekoloških bolesti (kronični upalni procesi i sekundarni sterilitet), postoperativnih stanja kralježnice, kostiju, zglobova, pa tako i kod osoba s post-COVID sindromom. Razne terapijske usluge omogućuju rješavanje različitih potreba i tegoba pacijenata.



*The unique composition of water in the Istrian Thermal Resort has been proven both scientifically and in practice to aid in the treatment of chronic rheumatic diseases, degenerative diseases of the locomotor system, dermatological diseases (psoriasis, different dermatoses), upper respiratory tract diseases (sinusitis, laryngitis), gynaecological disorders (chronic inflammation and secondary sterility), postoperative spine, bone, and joints complications, as well as post-COVID syndrome.*

U fizikalnoj terapiji nude se usluge hidroterapije, termoterapije, kinezioterapije, elektroterapije, masaže, aromaterapije i inhalacije, a u ponudi je i Schumann - 3D terapija koja se upotrebljava za brzo smanjenje bolova povezanih s različitim problemima, te Kaltenborn/Evjenth mobilizacijske tehnike koje se primjenjuju na lokomotorni sustav. PNF - proprioceptivna neuromuskularna facilitacija potiče i olakšava rad mišića, smanjuje bol ili ponovo uči pokrete (npr. nakon moždanog udara ili povrede mozga). Lječilište ima u ponudi CLT, DNS, EMMTECH, CYRIAX, limfnu drenažu i yogu, a nudi također raznovrstan program wellness centra.

*Different therapeutic services make it possible to adjust to different patient needs and problems. Physical therapy includes the following options: hydrotherapy, thermotherapy, kinesiotherapy, electrotherapy, massage, aromatherapy and inhalation therapy. Schumann 3D therapy is used to quickly reduce pain associated with various problems, and Kaltenborn/Evjenth mobilisation techniques are applied to the locomotor system. PNF or proprioceptive neuromuscular facilitation stimulates and facilitates muscle contraction and stretching, reduces pain or is used when a patient needs to re-learn to move (e.g., after a stroke or brain injury). The thermal resort also offers CLT, DNS, EMM-Tech, and Cyriax therapies, lymph drainage and yoga, as well as a diverse wellness programme.*

### REHABILITACIJA U ISTARSKIM TOPLICAMA

**1. DAN**  
AM – VJEŽBE U TERMALNOM BAZENU  
GRUPNE VJEŽBE ZA LS  
PM – NORDISJKO HODANJE  
VJEŽBE KOSTALNOG, TRBUŠNOG I FUNKCIONALNOG DISANJA

**2. DAN**  
AM – INDIVIDUALNE VJEŽBE PO DNS-U  
INHALACIJA TERMALNOM VODOM  
PM – AROMA MASAŽA CIJELOG TIJELA  
DNS ISTEZANJE I OSNOVE YOGA

**3. DAN**  
AM – INDIVIDUALNA PRIPREMA ZA TESTIRANJE  
NEURODINAMIKA  
PM – MINI KONDICIJSKI TRENING  
SCHUMANN PLATFORMA

• TERAPIJA SE PROVODI PONAVLJANJIMA TRODNEVNOG PROGRAMA U 4 CIKLUSA  
UKUPNO 12 DANA TERAPIJE

• PRIJE POČETKA TERAPIJE I PO ZAVRŠETKU ZADNJE CIKLUSA VRŠE SE KRATKA TESTIRANJA

ISTARSKE TOPLICE  
wellness & spa



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# SPECIJALNA BOLNICA ZA MEDICINSKU REHABILITACIJU STUBIČKE TOPLICE

## Special Hospital for Medical Rehabilitation Stubičke Toplice

Post-COVID rehabilitacija ima za cilj očuvati i progresivno povećati snagu mišića, optimizirati izdržljivost i toleranciju na tjelovježbu, smanjiti umor i bol u mišićima, poboljšati funkciju kardiorespiratornog sustava, omogućiti što brži i kvalitetniji povratak aktivnostima svakodnevnog života.



Program post-COVID rehabilitacije uključuje:

Pregled liječnika specijalista fizikalne medicine i rehabilitacije (prema potrebi i prijedlogu i pregled specijalista interne medicine).

Program se planira individualno po preporuci specijalista fizikalne medicine i rehabilitacije i uključuje funkcionalne testove i evaluaciju - FIM, FADI, šestominutni ili dvominutni test hoda za ispitivanje aerobnog kapaciteta i izdržljivost, test balansa u četiri razine za utvrđivanje rizika od pada i ravnoteže.

Program uključuje kineziterapijske postupke usmjerene na povećanje pokretljivosti, vježbe jačanja mišićne mase s postepenim opterećenjem, vježbe otvorenog i zatvorenog kinetičkog lanca za gornje i donje ekstremitete, primjena PNF koncepta, vježbe disanja s širenjem prsnog koša, vježbe koordinacije i ravnoteže, vježbe za poboljšanje cirkulacije, aerobne vježbe-šetnje, vožnju bicikla, vježbe na stabilometrijskoj platformi te ostali postupci, sukladno funkcionalnom statusu pacijenta.

Elektroterapijske procedure: analgetske struje, elektrostimulacija mišića, procedure za poboljšanje provodljivosti živaca i poboljšanje cirkulacije, primjena lasera visokog intenziteta i magnetne indukcije. Hidroterapija: grupne vježbe u terapijskom bazenu, individualne vježbe u kadi, izmjenične kupke, podvodna masaža, plivanje u bazenu s termalnom vodom.



Sukladno potrebama i prema preporuci liječnika specijalista fizikalne medicine i rehabilitacije program može uključivati intervenciju radnog terapeuta i logopeda. Radni terapeut provodi trening aktivnosti svakodnevnog života kroz samozbrinjavanje, produktivnost i slobodno vrijeme, te rad na motoričkoj, senzornoj i kognitivnoj komponenti.

*Post-COVID rehabilitation aims to preserve and progressively increase muscle strength, optimise endurance and tolerance to exercise, reduce fatigue and muscle pain, improve the function of the cardiorespiratory system, enable a faster and better return to the activities of daily living.*

*The post-COVID rehabilitation programme includes the following:*

*Examination by a physical medicine and rehabilitation specialist, as well as examination by an internal medicine specialist if necessary and recommended.*

*The programme is planned individually on the recommendation of a physical medicine and rehabilitation specialist and includes functional tests and evaluation - FIM, FADI, a six-minute or two-minute walk test to assess aerobic capacity and endurance, a four-stage balance test to measure fall risk and balance.*

*The programme includes kinesiotherapy procedures aimed at increasing mobility, muscle strengthening exercises with gradual load, open and closed kinetic chain exercises for the upper and lower extremities, application of the PNF concept, breathing chest expansion exercises, coordination and balance exercises, exercises to improve circulation, aerobic exercises - walks, cycling, exercises on a stabilometric platform, and other procedures, in accordance with the patient's functional status.*

*Electrotherapeutic procedures: analgesic currents, muscle electrostimulation, procedures to improve nerve conduction and circulation, application of high-intensity lasers and magnetic induction.*

*Hydrotherapy: group exercises in a therapy pool, individual exercises in a bathtub, alternating baths, underwater massage, swimming in a thermal pool.*



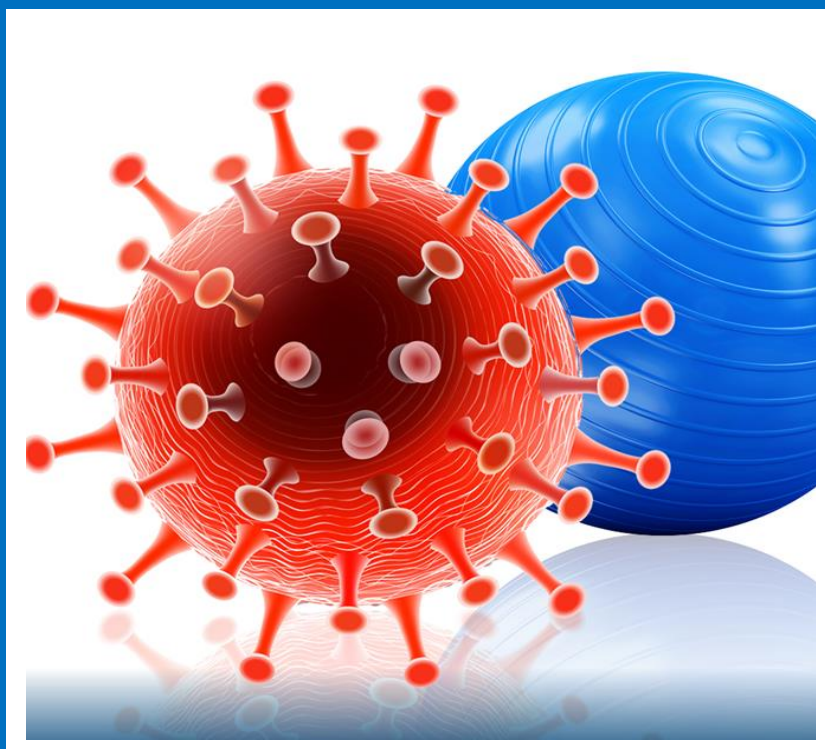
*If necessary and recommended by a physical medicine and rehabilitation specialist, the programme may include an intervention of an occupational therapist and a speech therapist. The occupational therapist conducts the training of activities of daily living through self-care, productivity, and leisure, and works on motor, sensory, and cognitive components.*

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# POST - COVID REHABILITACIJA

u specijalnim bolnicama za medicinsku rehabilitaciju i lječilištima

*POST - COVID REHABILITATION*

*in special hospitals for medical rehabilitation and health resort/spa, thermal resort*

