



PHYSIOTHERAPY

Spa Physiotherapy. Rehabilitation and Thermal Hydrokinesi.

In the Posturalab center our specialized medical team and highly qualified staff with the help of the latest technologies, will develop a personalized program for preventive care, treatment or rehabilitation..



Massotherapy

The general therapeutic massage is a physiotherapeutic practice based on manipulations which are aimed at muscular relaxation (especially for those suffering from stress and muscular tension) and it is specifically studied as a complementary treatment to the mud therapy. It also favors a general psychophysical relaxation. This treatment, which can be repeated daily and may last from 20 to 40 minutes, is recommended by doctors as a standard preventive procedure.

Phisiotherapy

Our physiatrists and osteopaths offer personalized programs for the care of your locomotor system with specific manipulations and postural exercises, and with the aid of medical equipment such as laser and ultrasonic. Our team uses the Biopostural System, a platform connected to a sophisticated software that performs a stabilometric analysis, i.e. a visual evaluation (through a photographic survey) of the patient's posture which on the basis of this examination can be corrected according to the ideal standards.

Hydrokinesitherapy

Thermal hydrokinesitherapy allows the combination of the chemical-physical effects of thermal mineral water with the advantages of the therapeutic exercise performed while the patient is immersed; this rehabilitative method is largely used for treating the osteo-articular pathologies

Generally, the session of hydro-kinesi-therapeutic treatment for a patient with muscle-skeleton disabilities lasts from 40 to 60 minutes according to the patient's conditions. The main objectives are to make the patient move, reduce pain and muscular contracture, strengthen muscles, re-educate the functional recovery of the voluntary movement and finally stimulate coordination and balance.

The thermal therapeutic effect caused by the immersion in thermal water reduces the muscular contracture and pain through a specific action on the sensitive cutaneous receptors, causing vessel dilation at the cutaneous and muscular level, which facilitates oxygenation and cellular metabolism.

