

TAKE GOOD CARE OF YOURSELF AND LOVED ONE

# REHABILI- TATION & THERMAL



Water is life for humanity. People from all over the world have been choosing Bursa's hot springs for centuries to find healing. Different water contents benefit the treatment of different diseases.

### PROPERTIES OF THERMAL WATER

### INDICATIONS FOR BALNEO THERAPEUTIC USE USE IN BATH CURES

Bath cures cooling in 38-40 °C hiperthermal, 36-38 °C thermal and 34-36 °C isothermal bath cures in under the 30 C can be used in water exercises. Due to the thermomineral quality and silicon content can be used in the following rheumatic diseases;

- Degenerative joint diseases (osteoarthritis)
- Inflammatory rheumatoid diseases (rheumatoid arthritis, ankylosing spondylitis)
- Soft tissue rheumatism (fibromyalgia)
- Chronic waist, neck and shoulder pain
- After orthopedic surgery and fractures period
- Neuralgia (sciatica, brachialgia)
- Stroke

Also can be used in bath cures in certain skin diseases due to silicon content;

- Psoriasis
- Eczema (atopic dermatitis)
- Acne (acne vulgaris)

### USE IN COMBINED SPA CURES

Specially developed thermal and spa cure programs can be used to protect and strengthen health in healthy people or to return to everyday life as fit and relaxed of tiredness and exhaustion;

- Anti-aging cures for a healthy aging
- Anti-stress cures against stress
- Anti-obesity cures for overweight problem
- Protective cures for more vigorous body and health organ functions

### SLIMMING, DETOX AND BEAUTY PACKAGES

#### SPARKLE OF HEALTHY LIFE-1

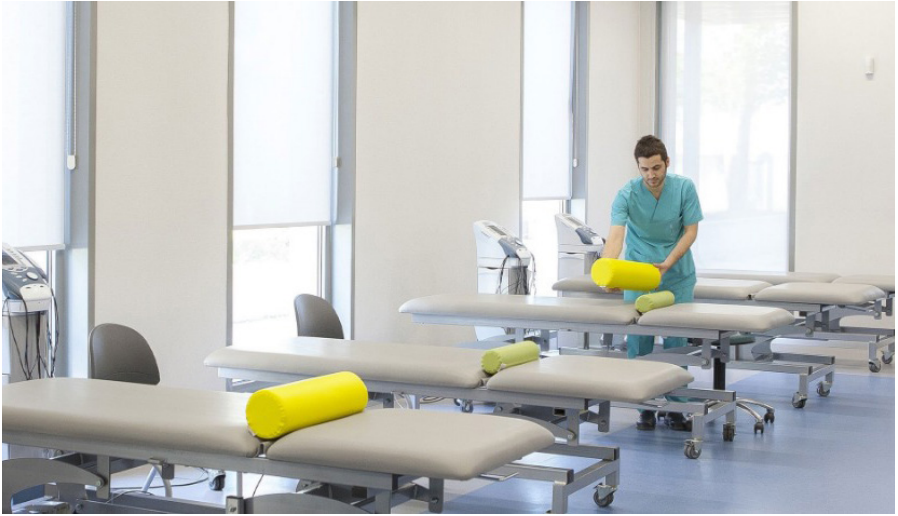
- Doctor and Dietician meetings
- Biophysical Assessment: measurement of fat, muscle, body fluid, body mass index (BMI)
- Morning-lunch-dinner and snacks in the Gourmet Restaurant
- Thematic walking in nature and exercise in the fitness area with an exercise specialist twice a day
- Thermal pool use (20 minutes everyday) and steam room, Turkish bath, cold shower
- 3 x Massage (30 min) and 1x sultan bath

#### SPARKLE OF HEALTHY LIFE-2

- Doctor and Dietician meetings
- Skin Analysis
- Biophysical Assessment: measurement of fat, muscle, body fluid, body mass index (BMI)
- Morning-lunch-dinner and snacks in the Gourmet Restaurant
- Thermal pool use (20 minutes every day) and steam room, Turkish bath, cold shower
- 1 x sultan bath + 2 x deep tissue massage (30 minutes) + Facial Decollete massage (with vitamin oils)
- Standard care + Gold needle + Youth Vaccine + Body Care + Anti Aging (face) care
- 2 x cultural trips







## PHYSICAL THERAPY AND REHABILITATION

### DIAGNOSTIC TESTS

1. X-ray
2. Computed tomography (CT)
3. Magnetic resonance imaging (MR)
4. Electroneuromyography (EMG)
5. Neuromuscular dynamic ultrasound

## MEDICAL APPLICATIONS AND REHABILITATION

1. Botulinum toxin injections (for spasticity)
2. Ultrasound-guided nerve blocks, injections
3. Dry needle therapy
4. Physiotherapy and rehabilitation applications
5. Orthopedic rehabilitation
6. Pediatric (child) rehabilitation
7. Neurological rehabilitation
8. Lymphedema rehabilitation
9. Pain relief



## HYDROTHERAPY

Hydrotherapy (Aquatic rehabilitation): It is a method of treating functional losses by taking advantage of the properties of water in diseases such as Cerebral Palsy, Stroke (paralysis), Spinal cord injuries.

Hydrotherapy (pool therapy) is a method of treating diseases and functional losses by taking advantage of the physical properties of water. Water is one of the oldest methods used for physical therapy. The heat and hydrostatic properties of the water are utilized. With the help of the buoyancy of water, the load carried by the body is reduced, thus it is possible to perform movements that cannot be done normally or that cause a lot of pain while doing it.



### ROBOTIC REHABILITATION

The robotic rehabilitation system can be used in neurological diseases with gait disorders, patients with loss of balance and any disease that causes loss of walking functions.

The robotic rehabilitation system can be used primarily in neurological disease groups with gait disorders, patients with loss of balance and after orthopedic surgical operations that cause loss of walking functions.

Patients who often need robotic therapy in treatment;

- Hemiplegic patients
- Patients with spinal cord injury
- Cerebral Palsy
- Multiple Sclerosis and other muscle diseases
- Parkinson's Disease
- After orthopedic surgical operations that cause loss of walking functions



### THERMAL SPRING IN BURSA, TURKEY

Uludağ, whose name is called Olympos "Mountain of the Gods" in mythological records, is like a large water reservoir in terms of thermal and mineral resources because it is an ancient volcano. The healing waters of Bursa emerge from the northern skirts of Uludağ and an underground crack extending from Çekirge to Ulubat Lake is the source of these waters. These waters are juvenile waters that emerge from the earth's crust from 2000 meters deep.

The healing waters in Bursa are boiling from the skirts of Uludağ. These waters, emanating from a geological cleft at an altitude of 240 meters above sea level, show similar characteristics in terms of composition. Almost all of them are oligometallic 'Less mineral' and hyperthermal 'Very Hot' waters. Some have very small amounts of sulfur and hydrogen sulfide.

### CHARACTERISTICS OF WATER

Degree range of water : 57,6–84,2 °C

Color and shade: Colorless, clear

In terms of chemical properties: Bicarbonate, calcium, magnesium (are more dominant), chloride, fluoride, sulphate, sodium, potassium, lithium, anion and cation ions.

PH value of water: 6.5

Total Mineralization: 1150-1268 Mg / lt



### COMMON BENEFITS OF BURSA THERMAL SPRINGS

In the chronic stages of inflammatory rheumatic diseases (especially rheumatoid arthritis, ankylosing spondylitis); Non-inflammatory joint diseases such as chronic low back pain, osteoarthritis,

Soft tissue diseases such as myositis, tendinitis, trauma, fibromyalgia, syndrome, Neurovegetative dystonia in general stress disorders, Sports injuries,

In mobilization studies in cases of prolonged immobility such as orthopedic operations for rehabilitation, neurosurgery

Neurological disorders in the chronic period

In the treatment of diseases such as cerebral palsy.



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