



SAVOY WESTEND HOTEL

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LUXURY SPA RESORT
KARLOVY VARY

Physiotherapy

Exercise therapy mobilizes the entire musculoskeletal system, and improves the cardiovascular system. The method and intensity of training depends on the state of health. The main purpose of physiotherapy is the treatment of functional disorders of the musculoskeletal system such as joint blockade, muscle spasms, using anatomical and physiological features. The main diagnostic and at the same time therapeutic "tool" is the hand of a physiotherapist, who by touch finds out not only the stiffness and tension of the muscles, but also the temperature and humidity of the skin, indicating reflex changes in the spinal segments. Physical therapy, exercises in the water, Nordic walking can be held in a group or individually, always under the professional guidance of an experienced physical therapist.

Physiotherapy – Group exercise therapy;

Physiotherapy – Individual exercise therapy;

Exercises in the water - Group exercise therapy;

Exercises in water - Individual exercise therapy.

