

FIT PACKAGE

5x therapeutic gymnastics – 30 min

5x classical massage – 30 min

5x electrotherapy (TENS) – 15 min

Therapeutic gymnastics (individual therapeutic gymnastics) as a set of exercises adapted to the client's state of health under the guidance of a physiotherapist. Such exercise is aimed at improving the health condition of one client. The aim is to restore and maintain physical movement functions, improve fitness and muscle strength as well as to develop functional motor adaptation of the body.

Classical massage is suitable for relaxing and stimulating the muscles. It can improve blood circulation and lymphatic system. It relieves stress and tension of the muscles.

Electrotherapy is the action of specific types of currents on the body, promoting the course of physiological processes in tissues. The effects of electric current include pain relief, muscle relaxation, improved blood circulation, promotion of tissue healing, stimulation of metabolism and others.

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300 €

