

the spine - for the sake of your locomotor system

If the spine or joints suddenly become painful, it is a clear sign of improper loading of the locomotor system.

Heavy overexertion, prolonged standing and also a job in which you spend most of the time sitting at a desk; these are the fundamental causes of physical troubles particularly where any compensatory exercise is also cut short.

Pains in the dorsal and cervical muscles and joints are a clear sign of one-sided and excessive load.

Quite frequently, chronic stiffness of muscles is an initial step towards a lengthy illness of the locomotor system. If parts of the locomotor system are exposed to excessive load, completely neglected or continuously loaded in an improper manner, painful syndromes may develop.

While the difficulties are initially expressed as acute pain, they may become chronic if not treated. Discs and spondylous joints become worn as a result of improper loading. As a result, the cartilage is impaired and it often ends in arthrosis. This may cause damage to the nerves which in turn will induce various pains.

this is an outline of your locomotive system treatment

- Following the admission examination the spa doctor will establish the diagnosis of the current state of the locomotor system.
- The spa doctor will put together an individual therapy scheme for you.
- Classic and underwater massages will produce favourable effects on your blood circulation and muscle relaxation. All the waste substances in the muscles will also be eliminated.
- Reflex massages may relax any blockage of the spine or joints; they have a calming effect on the nervous system and relieve pain. Special techniques used by a skilled masseur help to loosen stiff muscles or even produce favourable effects on various organs.
- Parafango compresses warm the wrapped parts of the body. The agreeable effects of thermotherapy have been known since ancient times. The parafango compresses contain paraffin and fango of a special composition. The main reason for the efficiency of the compresses is the physical properties of the preparation: they induce relaxation of the muscular spasms, relief of pain and improved blood flow in the muscles.
- Pneumopuncture is a therapeutic method in which small amounts of natural carbon dioxide from a medicinal spring are applied to acupuncture points and they are stimulated thereby. This therapy based on puncture is very good for relieving pain.
- Naturally the spa guests are encouraged to make use of the pool, because swimming is a particularly efficient mobilisation therapy. The density of the water lifts the spine, joints and syndes-moses to such a degree that they are hardly required to do any supporting work. The muscles relax in this way and stiffness is removed in an efficient manner.
- Electrotherapy (short-wave diathermy, ultrasound, interference currents) is based on a natural phenomenon and as a result is highly efficient. Nerve paths and muscles respond to and communicate by electrical means and for this reason electrotherapy is most suitable for mitigating pain, improving circulation and enhancing the process of healing. Warming the inner organs promotes resorption of inflammatory exudates.
- Remedial gymnastics under the supervision of skilled personnel returns the blood circulation to normal, aids the toning of the muscles and relaxation of the joints and gives support to the metabolism.

The precise number and kind of procedures are prescribed by the physician according to the patient's state of health.



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How can I enhance the therapy?

Put the extensive offer of the Hotel Dvořák to use! The sauna is an excellent way of relaxing the muscles. The effect on blood circulation of slowly warming and subsequent cooling with a cold jet is most positive. Sweat is excreted from all the pores and the skin becomes pink and soft.

A steam bath is a gentle method due to the lower temperature and the highest possible humidity.

Cold and hot jets recommended by the priest Kneipp as long as 100 years ago are a fantastic activator. A cold jet should follow each warming. To avoid any excessive shock from the cold water, it is best to start on the feet and hands and to move the water stream slowly towards the midriff.

The spine

Medical Indications

- Spondylosis and spondyloarthritis (diseases resulting from wear of spondylous joints)
- Affliction of discs
- Cervical arthrosis
- Pains in lumbo-sacral area (lumbo-sacral syndrome)
- Arthrosis of the large joints
- Articular capsule peri-arthritis
- Epicondylitis (inflammatory and degenerative changes in upper and lower extremities)
- Painful muscle stiffness
- Muscular relaxation
- Excessive stretching of syndesmoses
- Palsy