



# The Rehabilitation and Treatment Procedure Programme

After the implanting of an endoprosthesis  
24 hour medical care

## Selection and use of effective therapy

Have you started having problems with your joints as you grow older? Is the physiotherapy and medication used so far less effective – the pain does not go away or is becoming more severe?

If you are thinking where you can undergo a rehabilitation programme after the implantation of an endoprosthesis, we have an effective solution for you.

*Tabita*  
GRUPA LUXMED



Experts from the Tabita Care and Rehabilitation Centre, who have many years of experience in rehabilitation of orthopaedic patients, prepared a special rehabilitation and treatment programme for persons with implanted endoprostheses.

The purpose of the programme is to enable the Patient to function normally in everyday life and continue their professional work, and elderly patients – to function independently without the risk of serious consequences of becoming immobile.

Specialists from the Tabita centre do their best to enable the Patient to **regain full mobility** in the surgically treated joint as quickly as possible. During rehabilitation, they aim to protect the endoprosthesis from dislocation and loosening, and teach patients how to function every day with an endoprosthesis. The rehabilitation in our facility is conducted as an inpatient treatment, which helps minimise adverse incidents.

Our Patients are under the care of excellent doctors, physiotherapists and qualified auxiliary personnel. Thanks to their knowledge, skills and use of modern medical apparatus, the rehabilitation process is efficient and professional.

## Programme Stages:

### 1. Preliminary consultation of the attending physician

- analysis of medical documentation
- individual selection of an effective rehabilitation method
- development of the treatment plan
- admission to the centre

*The plan of treatment and mobilisation procedure after the implantation of an endoprosthesis depends on the type of implant used, patient's age, co-existing disorders, and other individual factors, this is why individual patient approach is so important.*

### 2. Preliminary consultation with the coordinating nurse

- interview
- determination of an individual care plan with regard to among other things subcutaneous, intramuscular, intravenous injections, applying/changing dressings, checking vital signs, collecting material for laboratory tests, health education, assistance in satisfying basic hygienic activities and administering medicines in accordance with the individual medical instruction sheet

### 3. Consultation with a dietician

- preparation of dietary recommendations for the period of stay in the centre, depending on individual health guidelines (allowing for co-existing disorders)

### 4. Kinetic therapy and physiotherapy treatments

- provided by qualified physiotherapists in accordance with recommendations of the attending physician during the preliminary consultation



The purpose of the rehabilitation is to restore biomechanic parameters in the joint operated on and to enable the patient to return to normal functioning.

Efficient individual rehabilitation programme encompasses physical and fitness improving procedures from the following areas:

#### Kinaesthetic therapy

- breathing exercises
- antithrombotic exercises
- isometric exercises
- active-passive exercises
- supported exercises
- passive and active verticalisation
- kinaesthetic sense exercises
- learning to walk (flat areas, stairs)

#### Massages

- classic massage – one section
- classic massage – whole body
- vibration massage AQUAVIBRON
- pneumatic exercise – BOA
- massage on a massaging chair
- dry CO2 bath – THERAGAZ
- Kinesiology Tapping

#### Physiotherapy

- magnetic therapy
- terapuls
- short-wave diathermy
- DD currents
- iontophoresis
- galvanisation
- TENS
- Träbert's currents
- Kotz's currents
- interference currents
- electrostimulation
- ultrasounds
- phonophoresis
- combination therapy
- phototherapy
- laser
- localised cryotherapy
- whirlpool bath for upper/lower limbs

### **5. Follow-up consultations with the attending physician**

- at each stage of the rehabilitation process

### **6. Surgical consultations**

- concerning follow-up checks of the postoperative wounds

### **7. End-of-stay consultation**

- including issuance of recommendations and summary of rehabilitation conducted

### **8. Follow-up consultation**

- after the completed rehabilitation and treatment stay – the date of the consultation is agreed with the attending physician

Under the programme, our patients **are provided with 24h care of doctors and auxiliary personnel and individual work with a physiotherapist** in accordance with medical recommendations (60 minutes per day for 6 days a week) and physiotherapy treatments (up to 2 per day for 6 days a week).

There is a possibility of extending individual work with a physiotherapist to 90 or 120 minutes.



## During the stay, we guarantee the following services:

- 24h medical care,
- 24h nursing care,
- care by a GP,
- 24h accommodation (including access to a TV, telephone, WiFi),
- full board in accordance with dietary recommendations,
- assistance in selection of appropriate rehabilitation and auxiliary equipment,
- concierge services.

## We have invited the cooperation of a team of Centre's experts:

- Dr. Sławomir Korcz medical rehabilitation specialist
- Ph.D. Marzenna Bazan physiotherapist
- M.Sc. Martyna Dubnicka nurse
- M.Sc. Marta Szkupińska dietician
- Elżbieta Urlik concierge business phone +48 695 290 146  
(open Monday to Friday, from 8:00 am to 8:00 pm)

## Service price list

The rehabilitation and treatment procedure programme after the implanting of an endoprosthesis	Price for a 2-week cycle
<ul style="list-style-type: none"><li>• Stay with full board</li><li>• 24h care by doctors, nurses and carers</li><li>• Care by consultants and physiotherapists</li></ul> <p><b>Rehabilitation package A</b> – 60 minutes per day of individual work with a physiotherapist, up to 2 physiotherapy treatments (6 days a week)</p>	<b>PLN 3 494</b>
<p><b>Rehabilitation package B</b> – 90 minutes per day of individual work with a physiotherapist, up to 3 physiotherapy treatments (6 days a week)</p>	additional <b>PLN 300</b>
<p><b>Rehabilitation package C</b> – 120 minutes per day of individual work with a physiotherapist, up to 4 physiotherapy treatments (6 days a week)</p>	additional <b>PLN 500</b>

*The duration of the programme is usually between 4 and 6 weeks and it depends on medical recommendations and individual predispositions of the patient.*



## If you are interested in the programme – please contact us:

### Polish-speaking clients

- **Mrs. Elżbieta Urlik, Concierge**, business phone +48 695 290 146  
(open Monday to Friday, from 8:00 am to 8:00 pm)
- **Reception**, phone +48 22 737 64 00  
(open Monday to Friday, from 6:00 am to 10:00 pm)

### English-speaking clients

- **Business phone** +48 607 242 975  
(open Monday to Friday, from 8:00 am to 4:00 pm)
- **email address: [pobyty.tabita@luxmed.pl](mailto:pobyty.tabita@luxmed.pl)**

The Tabita Care and Rehabilitation Centre is located in Konstancin-Jeziorna, a town near Warsaw, with spa traditions reaching the 19th century. Thanks to this location, patients stay near Warsaw (less than 20 km), and at the same time far from the hubbub of a large agglomeration, on a plot of land covering several hectares, covered with mature pine woodland, through which the Jeziorka river flows.

**Tabita offers modern infrastructure, without any architectural barriers**, adapted to the needs of elderly and disabled persons. We provide patients with single and twin rooms equipped with alarm systems. The centre has also prepared rooms for patients' guests.

**From January 2010, Tabita constitutes part of the LUX MED Group**, the leader of private medical services in Poland. The Group provides medical care to persons of all age in over 170 facilities in the whole of Poland – among other things, patients benefit from consultations with physicians of several dozen specialties, complex diagnostic tests, outpatient and inpatient care. The takeover of the Tabita centre constitutes another step taken by the LUX MED Group towards development of rehabilitation services and services provided for the elderly. The fact that the facility constitutes part of the Group provides patients with security and high quality of care, the standards of which are based on global medical models.