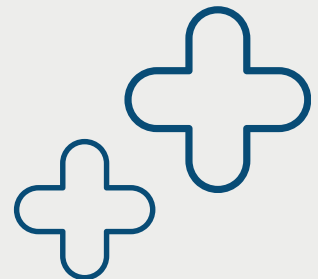


PHYSICAL THERAPY WITH ACCOMMODATION AND REHABILITATION CENTER

Experience, knowledge and technology
of Başkent University Hospital
meets hotel comfort.





**Accommodation Physical Therapy
and**

**In our Rehabilitation Center
the health care you will receive,
Hotel with Patalya Thermal Resort
takes place in quality.**

In our center; Primary or complementary treatments of all rheumatic, neurological, orthopedic, cardiopulmonary and algological diseases that cause pain, loss of function, deterioration in quality of life and addiction are performed by specialist physicians and experienced physiotherapists using physical medicine modalities, medical and manipulative treatments.

Our Application Areas;

- Neurological Rehabilitation
- Orthopedic Rehabilitation
- Rheumatological Diseases Rehabilitation
- Pain Management
- Sports Injuries and Rehabilitation
- Geriatric Diseases Rehabilitation
- Osteoporosis and Rehabilitation
- Post-Covid Disease Rehabilitation



PHYSICAL THERAPY AND REHABILITATION METHODS

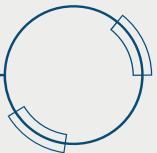
Hydrotherapy (Water Treatment)

While the hydrostatic pressure, viscosity and buoyancy of the water is utilized by the water movement obtained by an engine, a suitable hydrotherapy environment is created for exercise with the heating effect of hot water. A personal hydrotherapy exercise program can be applied. This treatment contributes positively to the psychological state of the person due to the locomotor system and the relaxing effects of water.



Traction Therapy;

It is a type of physical therapy used in the treatment of waist and neck hernias. Traction management, popularly known as "traction", is a method that allows the entire spine to be pulled. This method can be applied manually (by hand) or with the help of a machine. Motorized traction is an application performed with motorized systems in which the duration and traction force can be manually adjusted, accompanied by physiotherapists, to apply continuous or intermittent traction in rehabilitation programs.



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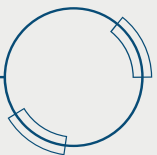
Ultrasound Treatment;

Ultrasound as a deep heater is one of the most frequently used agents in the clinical practice of physiotherapy. Therapeutic ultrasound is high-frequency acoustic vibrations that can produce heat-related or non-heat-related physiological effects within the body. Ultrasound in physical therapy; It is used for various problems related to the musculoskeletal system, such as herniated disc, muscle-tendon compression in the shoulder, frozen shoulder, carpal tunnel syndrome, bursitis and tendinitis.



Electrical Stimulation;

Electrical stimulation is part of a comprehensive physical therapy program and is a widely used therapeutic method in physical therapy. As it is commonly called, there are different types and names of electrical stimulation. These different types will be used by your physical therapist throughout your rehabilitation program



PHYSICAL THERAPY AND REHABILITATION METHODS

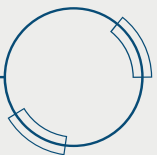
Manual Therapy;

It is the general name of manual treatment methods such as mobilization, manipulation, connective tissue massage, lymph drainage and trigger point therapy. Manual therapy consists of passive movements applied to the joints or associated soft tissues by people trained in this field.



Exercise;

You can have a healthier musculoskeletal system by strengthening your weak areas with the program prepared by your physiotherapist. Functional rehabilitation exercises specially programmed as a result of posture analysis restore your functions impaired due to pain and accelerate the healing of tissue damage by increasing blood circulation



Taping;

It is used for two purposes: protective and corrective. Protective taping is applied to restrict anatomical movements after injuries or to protect joints during sports activities. Colored pain tapes (kinesiotape), which are widely used by professional athletes, are classified as elastic tapes and are applied mostly to reduce pain and preserve function. Corrective taping is used to biomechanically correct alignment errors in the person's posture.



Hot Pack;

It is done by applying superficial heaters such as heating pads and paraffin. Hot pack is a fabric bag filled with silicate gel. After the silicate gel is heated to 60-70°C by absorbing water, it can be applied by wrapping it in a towel for 20-30 minutes without losing its heat. Depending on the area where they are applied, they can provide a temperature increase of 1.1-3.3 C at a depth of 1-4 cm.

