

Physiotherapy

50 MIN | 90€

MANUAL THERAPY

Manual therapy is an important tool of the physiotherapy. Out of the so-called “hands on therapy” many subgroups have been formed. One thing they all have in common: They „stretch“, „relocate“, „compress“ and „twist“ joints and soft tissues to improve the motion of the patients as well as reducing pains. Not only hands on therapy follows up with manual therapy, also self-treating programs as well as education and behaviour patterns are part of it. But, everything at the proper time!

LYMPH DRAINAGE

Lymph drainage is a form of decongestive therapy that contributes through particular handgrips to fluid shifts and the outflow of the lymph fluid. Through soft, rhythmic movements the therapy is very pleasant and relaxing, therefore it has a pain-relieving effect.

TAPING

Sticking ductile or non-stretchable, adhesive strips on your body has a supporting function for prevention and rehabilitation. From the classical immobilisation of the joints up to the activation of the muscle function as well as a positive influence of the healing process in the form of swell-reduction, pain relief, improvement of the microcirculation and mobility, a tape can, depending on its application, lead to positive final outcomes.

SELOS THERAPY

The Selos therapy is a pain free treatment of the connective tissues and the fascias. With the help of wooden sticks, the therapy is not only pleasant for the patient, but also ergonomic for the therapist and is excellent for treating adhesions, scars and oedema.

FLOSSING

Medical flossing is a discipline, that concentrates on the local ligatures of muscles, fascias and joints. The aim is to reduce pains and to increase the mobility of extremities.

FASCIAL DISTORTION MODEL ACCORDING TO TYPALDOS (FDM)

The fascial distortion model according to Typaldos is an anatomical point of view where the source of pain (for example limited mobility) is lead back to specific deformations and distortions of the fascias. The Typaldos method is a manual implementation to loosen these distortions. The intuitive knowledge and gestures of the patient are the main focus of the therapy and the key to success. Many malfunctions can be corrected fast and effective.

MEDICAL TRAINING

Medical training includes a precise physical training under physiotherapeutic supervision for an active improvement of the physical interaction of power and coordination. Injuries can be prevented, the posture optimised and the performance in sports and daily life can be improved.