

HEALTH CHECK-UPS

Spine 3D and FreeStep condition assessment

The Spine 3D and FreeStep systems provide a unique assessment of your condition, available only at Physio Trend in Hungary.

The FreeMed system is a rubber mat with different sensors on which the patient walks back and forth. This allows an accurate gait image to be viewed and examined. The patient then has to stand still for 1-2 minutes while the sensors measure the static load on the foot and the stability of the foot.

Next up is the Spine 3D back and lumbar spine assessment system. The patient stands with his back to the machine, which is equipped with three types of camera systems (laser, RGB and thermal). It allows a radiation-free (non-invasive) assessment to see the 3D position of the spine, vertebra by vertebra. After one or two sessions of treatment (with physiotherapy and physical therapy equipment), the changes made can be monitored continuously by means of a new measurement.

Fitness assessment by a physiotherapist

The assessment by a physiotherapist can include an assessment of the spine and skeletal system, offering a quick and convenient solution for patients. This assessment allows the physiotherapist to create a personalised treatment plan for the patient, taking into account their individual needs and problems. This gives patients the opportunity to improve physical health, relieve pain and treat musculoskeletal problems.

Physiotherapy assessment

During the examination, the physiotherapist uses specific tests and measurements to identify musculoskeletal problems and uses this information to determine the best therapeutic approach. The personalised treatment plan aims to relieve pain, increase muscle strength, improve joint mobility and correct movement disorders. Patients can then recover effectively and quickly and return to an active and pain-free life.

During physiotherapy, medical documentation and assessment work together to provide patients with the highest quality and personalised care.

TREATMENTS

Physiotherapy treatment

Physiotherapy is a (non-surgical) treatment aimed at reducing or preventing all of a patient's complaints. It can be used, for example, before and after surgery, for sports injuries, after musculoskeletal accidents, scoliosis.

Physiotherapy is a highly effective health service that provides a wide range of benefits for the treatment of exercise and musculoskeletal problems. With the help of a physiotherapist, patients are able to regain or improve the function and mobility of their body in conditions such as injuries, post-surgical recovery, sports injuries or chronic pain.

SPORTS RECOVERY TRAINING

After sports injuries, there is a multi-stage process leading to the return to maximum sporting performance, a process called sports recovery.

The first step is to get the injured individual seen by a specialist as soon as possible, ideally a sports medicine traumatologist. Following specialist care, it is necessary to ascertain the severity of the injury and make the correct diagnosis. Once a diagnosis has been made, there may be several possibilities, depending on the nature and severity of the injury. If surgery is not necessary, treatment by a physiotherapist or working with a physiotherapist will begin until healthy movement is restored. After this, work with the recovery coach continues until the muscular and neuromuscular recovery necessary for sport, exercise and daily activities has taken place.

Training with a personal trainer

One of the biggest benefits of personal training is that it includes a thorough assessment of your fitness level, which will determine which movements you can and cannot do.

An individual development plan is drawn up as needed, and exercises are always adapted to your current fitness level.

Spine training

Group spine-focused exercise coordinated by a physiotherapist, with yoga elements, stretching, strengthening and deep muscle activation exercises. Recommended for neck, back and lower back pain. Also as an adjunct treatment for scoliosis and to maintain general mobility of the spine.

Senior physiotherapy

An exercise programme for older people, including general movement, strengthening and stretching exercises, adapted to their physical condition, led by a physiotherapist. Sitting and standing physiotherapy with equipment and exercises to improve coordination.

Proprioceptive training

Proprioceptive training is a highly effective method for improving exercise and balance

It is a method for the treatment and prevention of limb injuries (ankle, knee, hip, wrist, elbow, shoulder joints) and can also stabilize the spine by creating the right muscle tightness.

Mulligan manual therapy

A gentle joint mobilisation technique to treat joint pain, injuries and restricted movement in the affected area. A few suitable treatments can be effective, and in some cases the patient can learn to self-therapy.

Maternity gymnastics, Preparation for childbirth

With many years of experience in the field of gynaecology, we offer complex preparation of mothers for childbirth, maternity gymnastics, gait training, special breathing techniques to assist childbirth.

Maternity gymnastics is a special therapeutic approach to help mothers who have musculoskeletal problems, pain or other musculoskeletal problems during pregnancy or after childbirth. The aim of the therapy is to help pregnant women keep their bodies healthy and comfortable throughout pregnancy.

Intimate gymnastics

Treatment of incontinence: some sessions may include the necessary exercises to strengthen the muscles of the gait, which have been shown to prevent and treat involuntary urine dripping and leakage. The cause of the problem is eliminated, and if treatment is started in time, surgery can be avoided.

Underwater physiotherapy

Therapeutic exercises in water are excellent for spinal and joint problems. No swimming knowledge is required.

It is also an excellent gymnastics for improving posture with the help of special exercises in water. An effective form of exercise that is easy to learn for all ages. It is suitable for elderly, middle-aged and young people

Flossing

Athlete regeneration, tunnel syndrome, arthritis, and even after injury and surgery is an excellent recovery method, performed with a special rubber band.

Kinesiology patch

Therapy is one of the most effective methods of treating musculoskeletal problems. It is a quick, painless and effective treatment for sprains, strains, sports injuries, spinal and limb pain, and recovery after musculoskeletal surgery.

GROUP GYMNASTICS

Group trainings in the gym

Functional training led by a qualified physiotherapist, using gym machines and weights. It is recommended for the prevention of musculoskeletal problems, to increase strength and endurance, and for those who want to lose weight and gain strength. Ages 18-60 years. Maximum 4 people per group. Pre-assessment required. The duration of the workout is 60 minutes.

Spine gymnastics

Group spine-focused exercise coordinated by a physiotherapist, with yoga elements, stretching, strengthening and deep muscle activation exercises.

Senior physiotherapy

An exercise programme for older people, including general movement, strengthening and stretching exercises, adapted to their physical condition, led by a physiotherapist. Sitting and standing physiotherapy with equipment and exercises to improve coordination. A maximum of 5 people per group is requested.

Therapeutic massage

During the therapy, a trained massage therapist will use massage techniques that promote joint regeneration, relax stiff and stiff muscles, and relieve pain in the area being treated.

Maternity Massage

Massage during pregnancy gives mums-to-be the chance to relax to the fullest. Massage can be used after the first trimester, unless the doctor recommends otherwise and there are no risk factors.

Dorn Therapy and Breuss Massage

Dorn therapy works by repositioning the joints of the spine and body, and Breuss massage is a complementary treatment

Spine and joint therapy developed by Dieter Dorn. It is a gentle manual corrective spinal therapy that works by repositioning the spine and joints of the body.

Fascia Treatment

The fascia is the connective tissue that surrounds and covers muscles, bones, tendons, and webbing that connects everything to everything else in our body. It helps hold our organs in place, it anchors our muscles. It contains large amounts of water in a bound state. It is in this fluid that nutrients, immune cells, hormones and fresh oxygen flow, and from here that carbon dioxide and various metabolic by-products flow.

MACHINE TREATMENTS

Game Ready

It helps to reduce swelling on the injured body part, stimulates lymphatic and blood circulation, thus promoting faster tissue regeneration and healing. Our aim is to optimise lymphatic circulation.

Magnet Therapy – EmFieldPro

The emFieldPro is a high energy pulsed magnetotherapy device. The magnetic field can effectively stimulate different tissue types such as nerve cells, muscles and blood vessels.

Laser Therapy – OptonPro

Laser therapy uses a high-energy beam of light to penetrate deep into the tissues, providing pain relief and muscle relaxation. The primary aim of laser therapy is to relieve pain. During laser treatment, low-energy light of different wavelengths (lasers) is emitted onto the surface of the body to be treated.

CryoTherapy - Cryo6

Innovative cryotherapy device for pain relief, muscle relaxation and swelling reduction with air cooled to -35°C. The high power guarantees a rapid reduction in skin temperature, thus ensuring the desired treatment effects.

Tekár Therapy - Thermo Tk

It can be used in chronic and occasionally acute pain relief, in combination with traditional therapeutic massage, in recovery and for sports injuries. This therapy is a scientifically proven effective system especially for acute and chronic sports injuries or musculoskeletal disorders. The treatment involves the application of

radiofrequency energy through the body's tissues using a capacitive or resistive applicator

Shockwave Therapy – EnPlusPro

Acute, chronic or long-standing pain in the heel, ankle, knee, elbow, shoulder, neck and hip is effectively treated with shockwave therapy. It is not a symptomatic treatment, it addresses the underlying cause. The device offers fast, non-surgical pain therapy for people with musculoskeletal disorders, without side effects.

Electrotherapy + Therapeutic Ultrasound Application – Soleo SonoStim

By using electric current and ultrasound at the same time, we can, for example, alleviate pain and treat trigger points with good efficiency.

The treatment is painless!

- Paralysis treatment and diagnostics
- Muscle recovery
- Sports recovery
- Special programmes

Sole Reflexology

Reflexology is a holistic treatment that uses massage of the feet and hands to promote the body's self-healing activity. The face, palms and soles are a mirror of the body. By massaging and pressing the reflex zones, we can harmonise the body's energy supply. The effectiveness of the therapy is enhanced by the combination of bio-informative preparations and aromatherapy. Working together with the patient, we can achieve a lasting improvement in quality of life.