

REHABILITATION AFTER A STROKE - BACK TO NORMAL LIFE



Czech health resorts have vast experience in the rehabilitation of patients after stroke and other cardiovascular diseases and return to normal life. With such serious illnesses, treatment in the hospital is not enough; a special rehabilitation course is needed. It should be emphasized that the main advantage of Czech spas is the highest level of specialization.

Treatment of diseases of the cardiovascular system, high blood pressure, stenocardia, coronary heart disease, as well as the rehabilitation of patients after a heart attack and other cardiovascular diseases - this is what the following three resorts of the Czech Republic - Poděbrady, Teplice nad Bečvoj, and Frantiskovy Lazne are known for. It is exactly in these specialized spa resort complexes that patients who have gone to the brink of life and death are set on their legs and returned to normal life. At the time of an acute heart attack or stroke, hospital doctors often pull the patient out of the world. The treating doctors of the spa resort have another task. The patient is literally set on his legs, given the opportunity to feel like a complete member of the society.

Dr. Kalousek, Spa Resorts, leading specialist, stresses: "To help restore the patient to a normal life, means first of all to help him or her to realize that life does not stop after the development of a stroke."

There is no universal method of rehabilitation after such diseases. Each spa resort has its own unique experience. [Czech spa resorts](#) have their know-hows and rich experience. Therefore, patients from all over the world with heart disease chose to come to recover here.

Where can one possibly go through such a post-treatment, or in medical vocabulary rehabilitation after a stroke and other [cardiovascular diseases](#)? Dr. Kalousek recommends:

The mineral water of Poděbrady resort, called Poděbradka, is widely used as a means of preventing and treating all heart diseases virtually: post-heart attack conditions and all forms of coronary heart disease. Staying at the resort is also indicated for recovery after cardiac surgery, cardiovascular system inflammations, heart defects, diseases of the musculoskeletal system in heart patients, as well as in the complex treatment of chronic edema of the legs.

Probably, even more, famous as a "heart" resort is the town of Františkovy Lázně. Františkovy Lázně has acquired its popularity thanks to its unique sulfur- ferruginous mud and mineral healing springs, which are effectively used for cardiovascular diseases and the rehabilitation of patients after a heart attack or stroke. Cardiovascular therapy and disease prevention have a rich tradition here.

The third, probably the least known, "heart" resort is the Moravian spa Teplice nad Bečvou. In contrast, the other ones - this is a real spa resort complex. The most significant advantage of this unique city is the highest level of specialization. Treatment of diseases of the cardiovascular system and rehabilitation of patients after a heart attack or stroke - this is what Teplice nad Bečvou is known for. Also, such problems as high blood pressure, thrombosis, varicose veins are successfully treated here. There are also other programs for clients with high cholesterol levels.

Due to modern methods of diagnostics and therapy, according to the international assessment system, the resort has been included in the international list of resort cities especially beneficial for health.

In addition to medical rehabilitation, Czech resorts ensure the visitors do not get bored in their spare time. Bike rides, horseback riding, tennis, calming petanque, fitness, golf, dance nights, classical music concerts, excursions and sightseeing tours in the surrounding area - no doubt everyone will find entertainment to their liking here.

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