

BONE-JOINT PROBLEMS IN LĪGATNE REHABILITATION CENTRE



Program content:

Rehabilitator physician consultation, rehabilitation plan specification and supervision by a physician during the course of rehabilitation

Physiotherapist initial consultation and rehabilitation plan specification (30 min.)

Therapeutic exercises in a group (30 min.) 3x / 5x

Dosed load on an exercise bike or kinesiology taping or Nordic Walking 2x / 3x

Neck or sacrum or foot/shin or palm/forearm massages (20 min.) 2x / 3x

Physical therapy procedures 4x / 7x

Mud applications (2 spots) 5x / 10x

Foot or hand baths with essential oils or bath with sea salt 3x / 10x

Healthy tea for joints – thermos 3x / 5x

Accommodation in a authentic quadruple two-room bedroom breakfast

Lunch and dinner

Offer price:

6 days: ~~508.00 €~~ 431.80

10 days: ~~916.00 €~~ 778.60

Offer valid from 01.04.2025.-31.05.2025.

Apply for the program:

+371 64161917, +371 26431450

Special offers: <https://rehcentrsligatne.lv/en/akcijas/>

Medical Institution Code: 4212-00001

TRIP DATES

TRIP DISTANCE

1 km

PRICE: **778.6 EUR** / ~~916-EUR~~