

## HEALTHY BACK. REHABILITATION CENTRE LĪGATNE



### Program composition:

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.)

Physiotherapist individual classes or therapeutic exercises in a group 3x / 6x

Occupational therapist initial consultation and rehabilitation plan specification (30 min.) (10-day program)

Mud extract bath 2x / 2x

Sea salt bath 2x (10-day program)

Mud applications (2 spots) 4x / 5x

Underwater massage (20 min.) 2x / 5x

Back massage 4x / 8x

Kinesiology taping or therapeutic exercises in a group

Accommodation in a authentic quadruple two-room bedroom with breakfast

Lunch and dinner

**6 days:** ~~585.00 €~~ **508.95**      **10 days:** ~~1069.00 €~~ **930.03**

**Promotion valid from 01.02.2026. - 31.03.2026.**

### Apply for the program:

+371 64161917, +371 26431450

Medical Institution Code: 4212-00001

TRIP DATES

TRIP DISTANCE

1 km

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PRICE: **508.95 EUR** / ~~585 EUR~~

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