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## MSA PROGRAMME

### Rehabilitation of the muscular-skeletal apparatus

The mineral water used at the Strimon Garden medical spa centre is defined as “thermal water” (73°C), with low mineralisation, with a high concentration of carbon dioxide, hydrous carbonates, sulphates, sodium, silica, and fluorine, which is suitable for balneotherapy in treatment of chronic diseases of the musculoskeletal apparatus.

The curative qualities of the Kyustendil mineral water are due to its physicochemical composition: temperature, redox potential, specific chemical composition.

External balneotherapy in the form of different types of baths, pools, etc, has an antispasmodic, pain-relieving, anti-inflammatory, bio-stimulating, cartilage-protective, and detoxification effect on the human organism.

The positive effect of combinative balneotherapy at the Strimon Garden is made apparent through the reduction of stress in the organism; suppression of chronic inflammatory conditions; humoral and cellular regulation of immune response, and stimulation of the healing processes in tissues and organs.

#### 1. The MSA programme is run under the supervision of **OUR TEAM OF DOCTORS:**

- **Dr Tatyana Angelova MD** – Director of the National Specialised Hospital for Physical Therapy and Rehabilitation, manager of the Medical Board – Bulgarian Balneology and Spa Tourism Union – consultant
- **Dr Yovka Dimitrova** – INTERNAL DISEASES specialist

#### 2. WHO IS THE PROGRAMME FOR?

The programme is suitable for prophylaxis and balneotherapy of people with chronic degenerative and inflammatory diseases of the joints: osteoarthritis with varied localisation (spondylarthrosis, coxarthrosis, and osteoarthritis of the knee), rheumatoid polyarthrititis and ankylosing spondylarthrititis – in the remission stage; conditions appearing following fractures and trauma to joints and soft tissues; idem following alloplastic joint replacement; chronic peripheral arthritis, bursitis, tendosynovitides.

#### 3. THE ELEMENTS OF THE PROGRAMME:

- **Consultation with a physician:** at the beginning and the end
- **COMBINATIVE THERAPY, prescribed by a physician:**
  - ❖ **Taking the waters:** consumption of bottled (non-local) mineral waters
  - ❖ **External balneotherapy:** therapeutic thermal swimming pool with hydromassage and/or underwater curative gymnastics
  - ❖ **Heat therapy:** sauna, steamworks, salt wrap, mud wrap.
  - ❖ **Kinesiotherapy:** therapeutic manipulations, partial curative massage
  - ❖ **Physiotherapy:** low-frequency, mid-frequency, and interference current electrotherapy with ultrasound, magnetic impulse field, etc.

### 3. THE EFFECT OF THE PROGRAMME:

Reduction of muscle spasms and pain; suppression of the inflammatory process which, for its part, lead to functional restoration of the musculoskeletal apparatus and increasing the volume of mobility in the joints.

### 4. DURATION OF THE PROGRAMME: 3, 5 or 7 days

### 5. PACKAGE PRICES FOR PERSON

ACCOMMODATION	3-NIGHT PACKAGE	5-NIGHT PACKAGE	7-NIGHT PACKAGE
DELUXE SINGLE ROOM	350.00 BGN	554.00 BGN	735.00 BGN
DELUXE DOUBLE ROOM	299.00 BGN	483.00 BGN	649.00 BGN

**The prices are per person and include:**

- The corresponding number of nights, access to the covered mineral water swimming pool, SPA & Wellness Centre (Roman bath, steamworks, Finnish sauna, infrared sauna, contrasts pool, warm relaxation benches, relaxation area with warm beds), gymnasium, carpark, internet, tourist tax, travel insurance, and VAT
- **3-Night Package:**  
Procedures: 2 days with 3 daily procedures prescribed by a physician;
- **5-Night Package:**  
Procedures: 4 days with 3 daily procedures prescribed by a physician;
- **7-Night Package:**  
Procedures: 6 days with 3 daily procedures prescribed by a physician;