



Common problems.
Reliable solutions.

HEALTHCARE SERVICES

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ZDRAVSTVENI CENTER

TERME 3000 – MORAVSKE TOPLICE

Introduction

In this day and age, pain, restricted movement, tightness, or the feeling that your body is no longer cooperating are issues almost everyone has encountered. They may develop gradually – due to overuse, prolonged sitting, stress, or degenerative changes – or occur suddenly after an injury. Regardless of the cause, they all have one thing in common: when your body is in pain, it affects every aspect of your daily life.

At Health Centre Terme 3000 – Moravske Toplice, we believe that treatments should always be holistic, expert-led, and tailored to the individual. To reduce pain, improve mobility, and restore physical function, we combine modern physiotherapy, therapeutic exercise, advanced physical therapy methods, and the beneficial effects of thermal water.

This brochure outlines the most common musculoskeletal conditions – from frozen shoulder, disc protrusion, and knee osteoarthritis to tennis elbow, cervical spine pain, and lymphoedema – and presents the effective therapy options available at our health centre.

Our goal is not only to relieve symptoms, but to help you live more freely, more actively, and with fewer limitations.







Table of Contents

Frozen shoulder

When movement becomes a challenge 6-7

Disc protrusion

Intervertebral disc problems 8-9

Knee osteoarthritis

Degenerative joint condition 10-11

Tennis elbow

Tendon inflammation 12-13

Carpal tunnel syndrome

Pressure on the median nerve 14-15

Cervical spine pain (cervicalgia)

Neck problems 16-17

Scoliosis

Abnormal curvature of the spine 18-19

Plantar fasciitis

Heel pain 20-21

Lymphoedema

Fluid accumulation and swelling 22-23

Frozen shoulder

When movement becomes a challenge

Frozen shoulder, also known as adhesive capsulitis, can have a significant impact on quality of life. This condition of the shoulder joint, the exact cause of which is often unclear, tends to develop gradually but can lead to severe restriction of movement and cause persistent pain.

What actually happens in the shoulder joint?

The shoulder is one of the most mobile joints in the body, allowing a wide range of movement – from lifting the arms overhead to twisting and stretching in different directions. However, this remarkable flexibility also means that the joint is more susceptible to injury and degenerative changes.

In frozen shoulder, the joint capsule becomes inflamed, causing it to thicken and lose elasticity. The joint develops adhesions – fibrous bands that restrict movement. As a result, patients often report feeling like “the arm simply won’t go up any more” or experiencing pain during everyday activities such as getting dressed, combing their hair, or opening a door.

Who is most at risk?

Frozen shoulder is most common in people aged between 40 and 60 and occurs slightly more often in women. People who have had to keep the shoulder immobile for a prolonged period of time due to surgery or injury are more susceptible to the condition, as are individuals with diabetes, thyroid disorders, or cardiovascular disease.

An interesting fact is that symptoms typically develop in three stages and can last for up to two years:

- ▶ Inflammation stage (freezing) – pain gradually increases while mobility decreases.
- ▶ Frozen stage – pain eases somewhat, but mobility is still severely restricted.
- ▶ Thawing stage – mobility slowly returns, although expert-led therapy remains important.

How can we help you at Thermalium?

Frozen shoulder requires patience and a holistic approach. To relieve pain and restore mobility and strength in the shoulder joint, we offer a wide range of therapies at Thermalium that can be tailored to individual needs.

Recommended therapies

Therapeutic exercise

Our goal is to restore shoulder function for everyday activities. Targeted exercises for the shoulder joint are used to strengthen the rotator cuff muscles and improve mobility and movement patterns. They are performed under the supervision of an experienced physiotherapist and tailored to the patient’s current condition.

Interference currents

Interference current therapy is a form of electrotherapy in which two currents intersect deep in the tissue, relieving pain and stimulating blood circulation. The currents help to release muscle tension and alleviate pain, especially in the acute stage.

TECAR therapy

Deep-tissue radiofrequency therapy performed with an advanced TECAR device effectively relieves pain and reduces inflammation. It improves cellular metabolism and blood circulation, and promotes deep tissue, supporting a faster return of mobility.

Hydrotherapy

Thermal water in the therapy pool allows movement without pain and without straining the joints. The guided exercises help to increase mobility, improve coordination, and release tension. Suitable for all stages of frozen shoulder, hydrotherapy is often used in conjunction with other therapies.

A holistic approach for fast recovery

Recovering from frozen shoulder can be a lengthy process, but with the right expert-led approach, a gradual increase in the intensity of therapies, and regular exercise at home, joint function can be successfully restored. At Thermalium we also offer advice on posture, ergonomics, and everyday adjustments. It is important to stress that successful recovery requires work not just in the therapy room but also in daily life. Every step towards recovery is important.



Disc protrusion

Intervertebral disc problems

Disc protrusion is a condition in which an intervertebral disc bulges, putting pressure on nerve roots and causing pain, numbness, or weakness in the spine or limbs. It often occurs in the lumbar spine, but can also affect the cervical or thoracic spine. Disc protrusion is usually the result of wear and aging, but it can also occur due to injury, incorrect posture, or overexertion.

What happens in disc protrusion?

Intervertebral discs are fibrous rings that act as shock absorbers between individual vertebrae. When protrusion occurs, the disc's outer layer (annulus fibrosus) tears or weakens, allowing the inner gelatinous part (nucleus pulposus) to bulge outside its normal range. The bulge can put pressure on nerves, causing pain, tingling, and weakness in different parts of the body.

How can we help you at Thermalium?

Recovering from disc protrusion can be a lengthy process, but with the right therapy it is possible to achieve effective pain relief and improve mobility. Our expert physiotherapists focus on reducing pressure on the nerves, restoring spinal mobility, and strengthening the muscles that support the spine.

Recommended therapies

Tailored therapeutic exercise

Targeted exercise under the supervision of a physiotherapist is a key part of the treatment. It focuses on activating the deep stabilisers of the torso and correcting muscle imbalances. Gradual progression of exercises improves strength, stability, and posture. In the long term, this reduces the risk of recurrence and allows for better management of the effects of stress on the spine.

Interference currents

Interference current therapy uses electrical currents deep within the tissue to relieve the pain and muscle tension that often accompany disc protrusion. The therapy is particularly effective in acute conditions, as it relaxes the muscles along the spine and relieves pressure on the nerve roots, enabling faster recovery.

TECAR therapy

The radiofrequency energy used in TECAR therapy promotes blood circulation and metabolism in the tissues around the affected area. TECAR therapy helps to reduce inflammation and relieve pain, promoting the healing of the intervertebral disc and the surrounding structures. It is a safe, painless and highly effective method for restoring spinal function.

Ultrasound

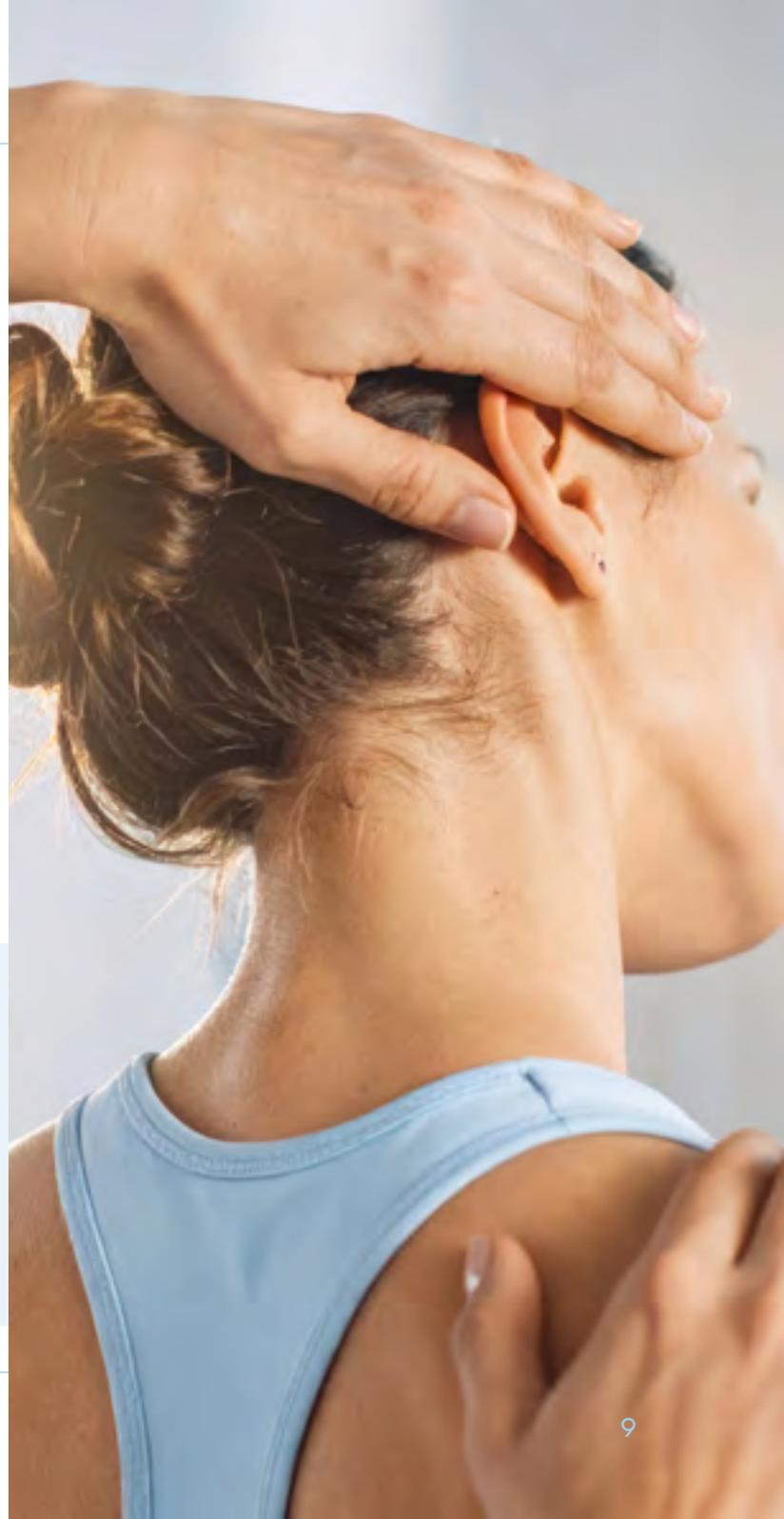
Ultrasound therapy is used to reduce inflammation and swelling, especially in the early stages of the condition. Its deep thermal effect relaxes tense muscles and speeds up tissue regeneration. Ultrasound is an excellent therapy for chronic or sub-acute conditions as it helps to relieve pain and improve mobility.

Hydrotherapy

Exercises in thermal water help to reduce strain on the spine and increase freedom of movement without pain. Warm water helps relax muscles, improve mobility, and gradually increase physical function. Hydrotherapy is particularly suitable for people with limited mobility or fear of movement, as water reduces pressure on the affected area so exercises can be performed safely.

A holistic approach for fast recovery

Recovering from disc protrusion requires a holistic approach, combining different therapies to achieve the best results. Our treatment focuses on relieving pain, improving mobility, and strengthening spinal stability. In addition to physiotherapy, we also offer advice on posture and strategies to prevent recurrence. Successful rehabilitation relies on you regularly performing exercises at home and following expert guidance, allowing you to return to an active and pain-free life.



Knee osteoarthritis

Degenerative joint condition

Knee osteoarthritis (also known as gonarthrosis) is a chronic degenerative joint condition characterised by the progressive wear of the articular cartilage. It results in pain, stiffness, swelling, and reduced knee mobility, especially when walking, standing up, or putting weight on the joint. It occurs most commonly in older people, but can also be caused by overuse, trauma, excessive body weight, or abnormal joint movement patterns.

What happens in knee osteoarthritis?

The knee joint consists of the upper part of the tibia, the lower part of the femur and the patella. Their movement is facilitated by the surrounding soft tissues (such as muscles), while cartilage acts as a shock absorber for the forces within the joint. When cartilage starts to wear down, the bones begin to rub against each other, causing pain, swelling, and inflammation. Patients with osteoarthritis often report pain during movement, difficulty getting out of a chair or walking up or down stairs, and generally reduced knee mobility.

How can we help you at Thermalium?

When treating knee osteoarthritis, it is crucial to reduce inflammation, relieve pain, and restore joint mobility. At Thermalium, we provide a number of therapy techniques that include manual therapy, specific exercise, and various types of physiotherapy. Our expert physiotherapists focus on reducing strain

on the knee while strengthening the muscles that support the joint, helping to restore its function.

Recommended therapies

Tailored therapeutic exercise

Exercise under the supervision of a physiotherapist is focused on strengthening the stabilising muscles around the knee, improving coordination and mobility, and reducing mechanical strain on the joint. By choosing the right exercises, we can improve gait and stability, and reduce pain during everyday activities such as standing up, sitting down, or walking up and down stairs.

TECAR therapy

TECAR therapy uses deep-tissue radiofrequency energy to promote tissue regeneration, reduce inflammation, relieve pain, and stimulate local blood circulation. This method is highly effective in combating chronic pain and long-term joint conditions, as it increases cellular metabolism and promotes natural recovery processes in the body.

Interference currents

Interference current therapy is a form of electrotherapy. It uses electrical currents deep within the tissue to relieve pain, relax muscle tension, and reduce inflammation around the knee joint. This gentle and relaxing therapy is highly suitable for patients with inflamed or painful joints.

Electrical muscle stimulation (EMS)

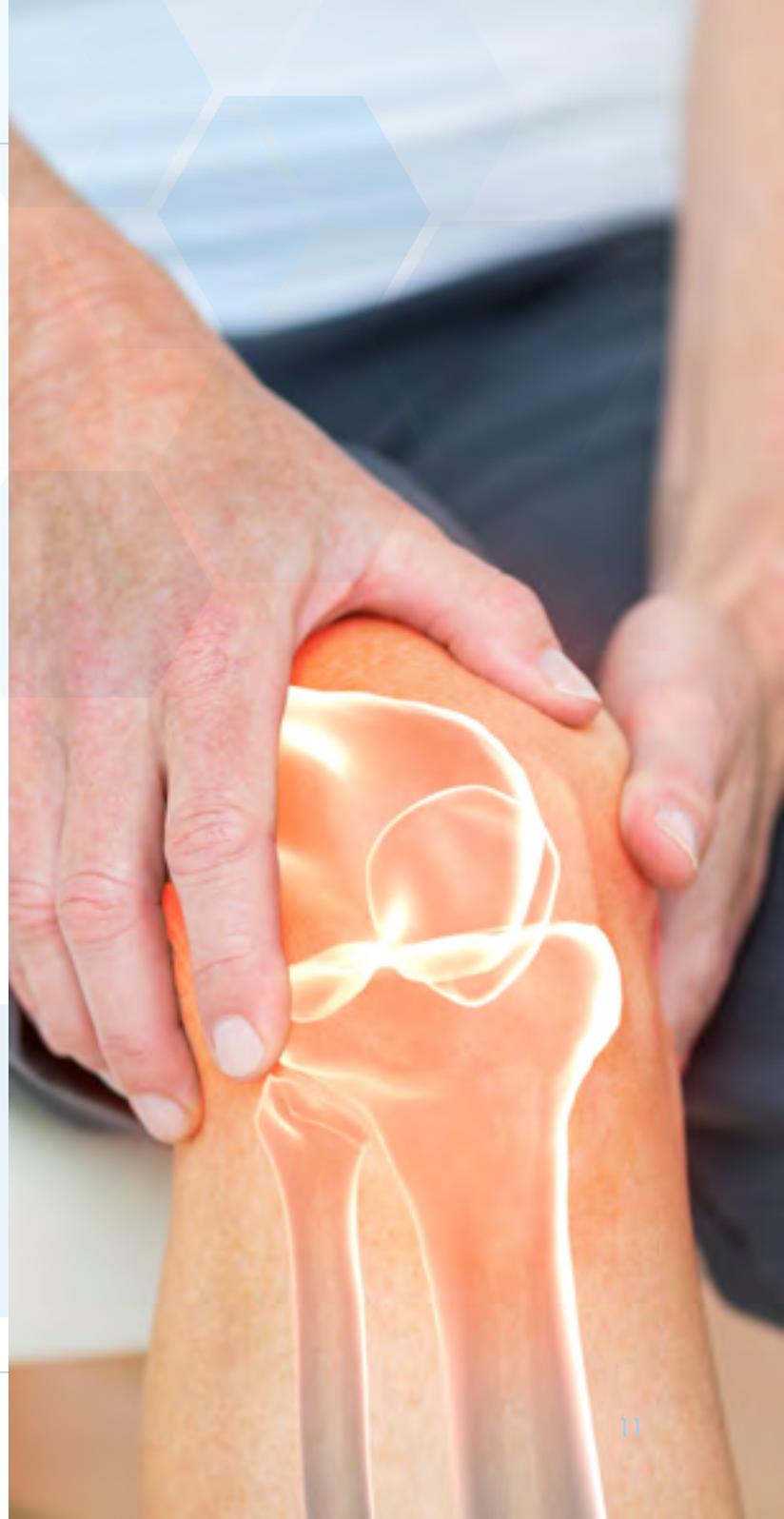
EMS uses low-frequency electrical impulses to stimulate muscle contraction, which is particularly useful for treating muscle weakness due to prolonged pain or reduced activity. EMS helps to reactivate muscles and improve local blood circulation.

Hydrotherapy

Warm thermal water allows movement without pain and relieves mechanical strain on the knee, making it possible to perform exercises that would be difficult or painful outside the water. Exercises performed in water are used to improve mobility, balance, and muscle strength. Suitable at all stages of osteoarthritis, hydrotherapy is often combined with other treatments.

A holistic approach for fast recovery

Treating knee osteoarthritis requires a holistic approach, including a combination of therapies tailored to individual needs. At Thermalium, in addition to physiotherapy, we also offer advice on posture, on diet, and on strategies for managing excess body weight, as it is important during rehabilitation to focus on every factor that affects joint health.



Tennis elbow

Tendon inflammation

Tennis elbow, also known as lateral epicondylitis, is an inflammation of tendons on the outer elbow caused by overuse and repetitive strain. It is most common in people who perform repetitive arm movements, such as athletes (tennis players), workers using tools, and even office workers.

What happens in tennis elbow?

Tennis elbow occurs when the tendons connecting the forearm muscles and the elbow are overloaded. Repetitive strain and microscopic tears lead to inflammation, resulting in pain when gripping, making a fist, or twisting the wrist. The pain is usually aggravated during everyday activities such as writing, lifting, or using tools.

How can we help you at Thermalium?

When treating tennis elbow, we focus on reducing inflammation, restoring mobility, and strengthening the forearm muscles. Our physiotherapy team uses a variety of manual techniques, extracorporeal shockwave therapy, and electrotherapy to quickly alleviate symptoms and speed up regeneration.

Recommended therapies

Tailored therapeutic exercise

Exercise under the supervision of a physiotherapist is focused on strengthening the forearm muscles, particularly through eccentric strengthening exercises, which have been proven effective for tendon regeneration. This exercise programme also includes stretching, proprioception, and functional movements to increase the strength and stability of the elbow joint and reduce pain during everyday activities.

TECAR therapy

TECAR therapy acts at the cellular level, using radiofrequency energy to stimulate tissue regeneration. It reduces inflammation, improves microcirculation, and contributes to faster healing of injured tendons. TECAR is particularly effective for chronic cases of tennis elbow where traditional methods alone are not sufficient.

Interference currents

Interference current therapy is a form of electrotherapy that acts deep within the tissue to relieve pain, release muscle tension, and reduce inflammation. It is pleasant, relaxing, and a great way to relieve pain in the acute stages of tennis elbow, when movement is restricted and painful.

Laser therapy

High-intensity laser therapy has a biostimulative effect that promotes the healing of soft tissues, reduces inflammation, and relieves pain. It is an excellent choice for chronic tendon inflammation.

Extracorporeal shockwave therapy (ESWT)

Extracorporeal shockwave therapy (ESWT) is one of the most effective methods for tackling chronic tendinopathy like tennis elbow. It uses high-frequency mechanical shockwaves to stimulate blood circulation and metabolism in the affected tendons, promoting the natural healing process. ESWT is effective in reshaping damaged collagen and breaking up the calcifications that can occur as a result of long-term inflammation.

A holistic approach for fast recovery

Tennis elbow requires holistic treatment that includes a combination of different therapies and strategies tailored to individual needs. Our expert physiotherapists use a tailored approach to help you recover quickly and effectively, returning to everyday activities without pain.



Carpal tunnel syndrome

Pressure on the median nerve

Carpal tunnel syndrome occurs when the median nerve becomes compressed or irritated in the carpal tunnel, leading to sensations such as tingling, pain, and weakness in the fingers, especially the thumb, index, and middle fingers. It is common in people who make repetitive hand movements, use a computer for prolonged periods of time, or perform physical tasks that involve strain on the wrist.

What happens in carpal tunnel syndrome?

The carpal tunnel is a narrow structure in the wrist through which tendons and ligaments pass. When there is increased strain or inflammation in this area, pressure on the median nerve increases. This results in reduced sensitivity, pain, and difficulty with gripping. Patients often experience symptoms such as tingling, burning, and numbness, especially at night.

How can we help you at Thermalium?

At Thermalium we focus on reducing the pressure on the median nerve and restoring normal function of the wrist and hand. Our physiotherapy team uses a variety of therapeutic techniques, including manual therapy, electrotherapy, and exercise to strengthen the muscles supporting the wrist.

Recommended therapies

Tailored therapeutic exercise

Targeted exercises aimed at strengthening the forearm and wrist muscles help to restore mobility, strength, and stability. Exercises include stretching, mobilisation of the nervous system, proprioception, and functional movements that reduce pressure on the median nerve and improve wrist function.

TECAR therapy

TECAR therapy uses radiofrequency energy to promote tissue regeneration and reduce inflammation. It stimulates microcirculation, speeding up the healing of damaged structures and relieving pain.

Interference currents

Interference current therapy helps to relieve pain and release muscle tension. Acting deep within the tissue, it is effective in easing the symptoms of carpal tunnel syndrome, especially in acute stages when movement is restricted and painful.

Laser therapy

High-intensity laser therapy promotes cellular regeneration, reduces inflammation, and relieves pain. It is very useful for treating chronic inflammation and helps to restore injured tissues in the wrist and hand.

Extracorporeal shockwave therapy (ESWT)

ESWT is used to stimulate blood circulation and metabolism in the affected tissues, promoting the natural healing process. In patients with carpal tunnel syndrome, it helps with tissue regeneration, relieves pain, and reduces inflammation.

A holistic approach for fast recovery

Treating carpal tunnel syndrome requires a holistic approach that includes a combination of different therapies and techniques. Our expert physiotherapists help to relieve pain quickly, restore wrist mobility, and reactivate key muscles, enabling you to return to everyday activities without pain.



Cervical spine pain (cervicalgia)

Neck problems

Cervical spine pain, also known as cervicalgia, is a common condition that affects many people due to incorrect posture, tension, stress, or injuries such as whiplash (common in car accidents). The pain often spreads into the head, shoulders, upper back, and even the hands. The most common causes of cervicalgia include:

- ▶ Poor posture, especially during prolonged sitting (e.g. at the computer).
- ▶ Degenerative changes in the cervical vertebrae and intervertebral discs.
- ▶ Stress that causes muscle tension.
- ▶ Sudden excessive strain.
- ▶ Lack of movement.

What happens in cervical spine pain?

Cervicalgia can involve tension in the neck muscles, intervertebral disc issues, degenerative changes in the spine, facet joint problems, or overloading of the nerve roots. This can cause pain, restricted mobility, numbness in the hands, and headache. Chronic pain can have a negative impact on daily life, as symptoms often worsen during activities such as using a computer, driving, or lifting heavy loads.

How can we help you at Thermalium?

To relieve neck pain, our physiotherapists apply techniques that release muscle tension, improve spinal mobility, and strengthen the muscles of the torso. They use specialised manual therapy, exercises to strengthen the neck muscles, and electrotherapy to relieve pain.

Recommended therapies

Tailored therapeutic exercise

Tailored exercises are focused on strengthening the muscles that stabilise the neck, on improving mobility, and on correcting posture. They also include exercises that stretch shortened muscles and relax the shoulder girdle.

TECAR therapy

Radiofrequency energy is used to stimulate microcirculation in the deep tissues of the neck and shoulders. TECAR therapy reduces inflammation, releases muscle tension, and promotes the healing of worn and overloaded structures.

Interference currents

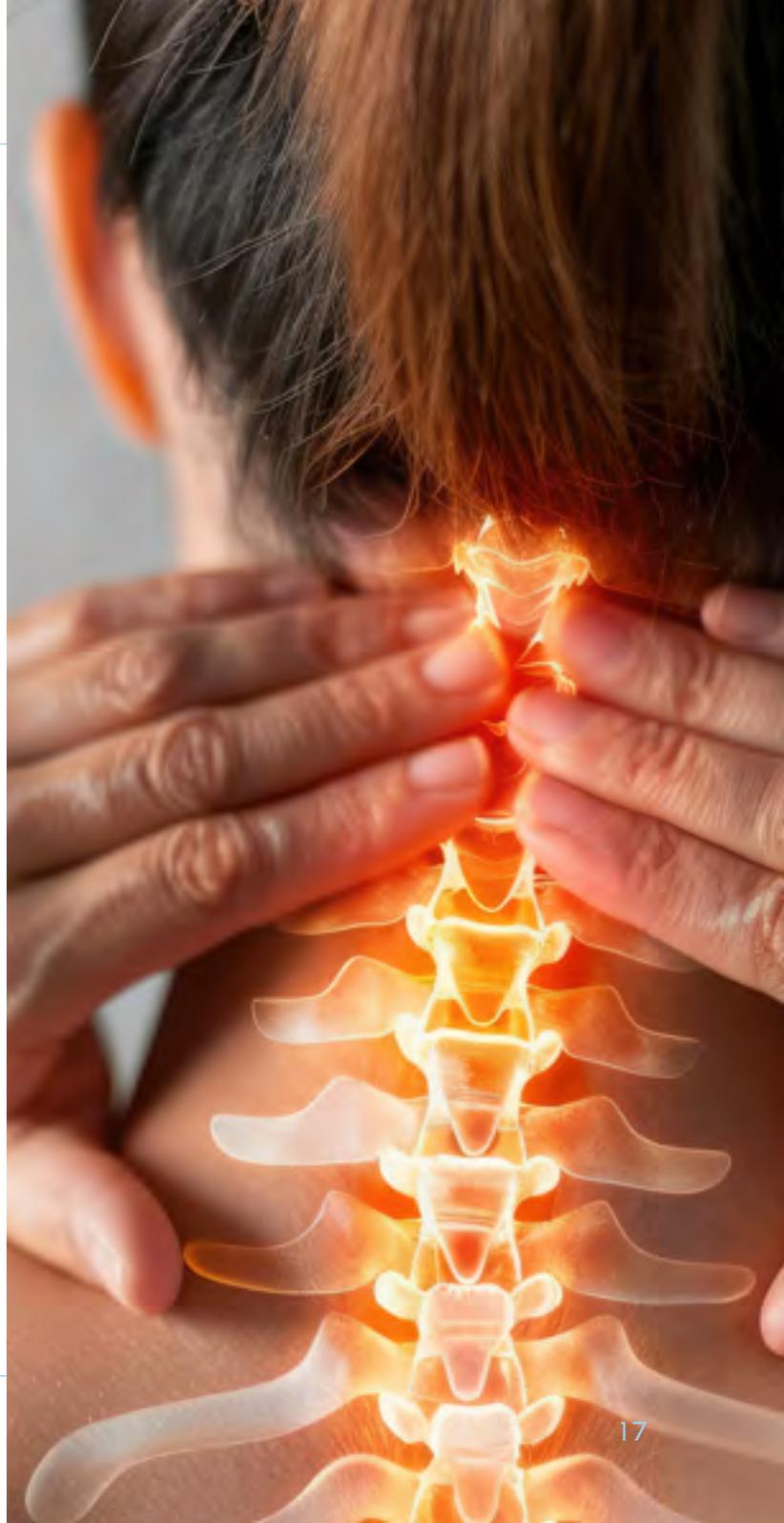
A non-invasive electrotherapy that relieves pain, improves local blood circulation, and reduces muscle spasms. It is often used before manual therapy or exercise.

Trigger point therapy

Manual therapy and specialised techniques are used to tackle myofascial trigger points – painful, tense points in muscles that trigger pain. Relaxing these points quickly releases local tension and the feeling of tightness in the neck and shoulders.

Mud wrap

Natural thermal healing mud wraps generate deep heat that relaxes tense muscles in the neck and shoulders, stimulates lymphatic flow, and reduces inflammation. It is an excellent choice for tackling chronic tension and neck pain caused by stress.



Scoliosis

Abnormal curvature of the spine

Scoliosis is a condition that involves side-to-side, often S- or C-shaped curvature of the spine with vertebral rotation, causing asymmetry in the torso. This can cause changes in physical appearance, lead to back pain, and reduce spinal mobility. In extreme cases it can also result in breathing problems and impact organ function. Scoliosis can develop in childhood or adolescence but can also be caused by injury or degenerative processes in adulthood.

What happens in scoliosis?

Scoliosis involves a side-to-side curvature of the spine (to the left or right) with a Cobb angle of 10° or greater and vertebral rotation. The deformity is three-dimensional (lateral, rotational, and sagittal), causing asymmetry of the torso, e.g. uneven shoulders or shoulder blades, rib hump, and muscle imbalance. More severe forms are painful, while extreme cases can even result in breathing problems.

How can we help you at Thermalium?

At Thermalium, we focus on correcting the position of the spine, reducing pain, and improving mobility. Physiotherapy and targeted exercises for strengthening the muscles of the torso, spine, and surrounding structures are used to improve muscle balance, reduce the progression of spinal curvature, and improve the quality of life.

Recommended therapies Full-length spine X-ray included

Tailored therapeutic exercise (Schroth method)

Scoliosis treatment is based on targeted exercise that involves three-dimensional spine correction, techniques for correct breathing, active stretching, and strengthening weak muscle groups. Exercises are carefully tailored to the specific curvature and functional ability of the individual.

TECAR therapy

Radiofrequency therapy is used to reach deep tissues and fascias, which are often under strain due to the asymmetric forces caused by scoliosis. TECAR therapy improves local blood circulation, releases tension, and helps to relieve back pain.

Interference currents

Interference current therapy releases muscle tension in overloaded muscles and stimulates weakened muscle groups. An excellent choice in combination with active exercise, it helps to restore muscle balance around the spine.

Mud wrap

Natural thermal healing mud wraps generate deep heat that relaxes tense muscles, stimulates lymphatic flow, and reduces inflammation. They are an excellent choice to tackle chronic tension or pain caused by stress.



Plantar fasciitis

Heel pain

Plantar fasciitis is a condition that causes pain in the foot arch, most commonly in the heel area, usually due to an inflammation of the plantar fascia, a thick connective tissue that connects the heel bone to the toes. One of the most common types of foot pain, plantar fasciitis is usually the result of excessive foot strain, incorrect movement, or poorly fitting footwear.

What happens in plantar fasciitis?

The plantar fascia is connected to the heel bone. Excessive strain or injury can lead to inflammation and microscopic tears, resulting in heel pain, especially when making the first steps in the morning or after prolonged sitting.

How can we help you at Thermalium?

Treating plantar fasciitis includes reducing inflammation, relaxing muscles and ligaments in the foot, and restoring mobility. Our physiotherapists use various techniques, manual therapy, exercises that strengthen muscles in the foot, and electrotherapy that relieves pain and promotes healing.

Recommended therapies

Tailored therapeutic exercise

Exercise focuses on strengthening muscles in the foot and ankle, stretching the plantar fascia, and improving flexibility. It is important to strengthen the muscles that stabilise the foot under load. They are often weak, which puts additional strain on the fascia.

TECAR therapy

Radiofrequency energy is used to stimulate circulation and tissue regeneration around the plantar fascia. TECAR therapy is highly effective in reducing inflammation, promoting healing, and relieving pain in the heel.

Interference currents

Electrotherapy helps to relieve pain and reduce muscle tension in the foot, resulting in faster recovery and improved mobility.

Laser therapy

High-intensity laser penetrates deep into the tissue to promote healing and reduce inflammation. This therapy is an excellent choice for tackling heel pain, as it speeds up regeneration and relieves long-term pain.

Extracorporeal shockwave therapy (ESWT)

ESWT helps to relieve pain and stimulate microcirculation in the heel, speeding up the healing of plantar fascia injuries. It also breaks up the calcifications caused by prolonged inflammation.



Lymphoedema

Fluid accumulation and swelling

Lymphoedema is a chronic condition in which the lymphatic system, which is responsible for removing excess fluids and waste from the body, does not function properly. This causes fluid and proteins to accumulate in tissues, resulting in swelling, usually in the arms and legs. Lymphoedema can occur due to damaged lymph vessels or the surgical removal of lymph nodes, for instance, during cancer treatment. In some cases, where the lymphatic system has not developed properly, the condition is congenital.

While lymphoedema is not curable, symptoms can be managed very effectively through therapy. With time, swelling can reduce and quality of life can improve as long as the patient consistently follows the guidance of physicians and physiotherapists.

How can we help you at Thermalium?

At Thermalium, we focus on managing lymphoedema with targeted therapies that include special lymphatic drainage and compression bandaging. Our experts will help you to reduce swelling, improve mobility, and prevent further accumulation of fluid in the body.

Recommended therapies

SPECIAL LYMPHATIC DRAINAGE

Manual lymphatic drainage involves gentle, rhythmic manual movements in a specific sequence to redirect excess fluid from the affected area of the body to a different area where the lymphatic system is healthy or intact. This reduces swelling and prevents further accumulation of fluid. Regular lymphatic drainage therapy is crucial for managing lymphoedema, as it reduces swelling and improves the mobility of the affected limbs.

Compression bandaging

Compression bandaging is an important technique for treating lymphoedema. The bandages compress the affected areas of the body to allow easier fluid drainage and prevent further accumulation in the tissue. Compression helps to stabilise the results of lymphatic drainage and makes the treatment more effective. This is especially helpful for preventing the condition from progressing, as well as for improving the patient's quality of life.

Lymphoedema can pose a challenge to daily life, but with the right treatment – such as lymphatic drainage and compression bandaging – patients can experience a reduction in swelling, improved mobility, and relief from the problems that the condition brings. A therapeutic approach is the key to managing lymphoedema and restoring function to the affected limbs.





**TERME 3000 –
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