YOUR OASIS FOR RELAXATION AND WELLNESS

www.uzdrowisko-konstancin.pl
Konstancin-Zdrój Health Resort & SPA is a unique place. We own one of very few pools fed directly from a natural brine source, extracted from own intake, from a depth of 1,750 m.

Excellent location and unique landscape wonderfully complement our offer. Beautiful Spa Park, graduation tower – a place for natural inhalation - located in the area, are one of many advantages of this place.

We provide comprehensive services of rehabilitation of locomotor system, neurological and cardiac rehabilitation, as well as organization of rehabilitation and spa stays. We offer a wide range of natural treatments and preventive health care. Apart from rehabilitation services realized by Hospital of Cardiac Rehabilitation, Hospital of Neurological Rehabilitation, White House - Locomotor System Therapy Center, our Resort provides hotel and restaurant services.

In January 2016, the complex has expanded its offer by opening the highest standard hotel - Eva Park Life & SPA. The place offers superior spa and wellness services, exceptional hotel rooms, conference facilities, brine swimming pools and author’s cuisine in Przedwiośnie restaurant - prized by gourmets.

Proximity of forests, graduation tower, historic architecture of Konstancin-Jeziorna, complementary offer and advantages of this place determine its popularity among both individual and business guests, who choose individual objects for business meetings. In June this year we launched Café Beza - a place right next to the Spa Park, where you can drink coffee, eat delicious cakes and relish the beauties of the area. Welcome!

Konstancin-Zdrój Health Resort & SPA

THE PLACE
Konstancin-Zdrój is a unique place. It is worth coming here not only for the famous brine graduation tower. Nature reserves, bike trails, historic villas. Konstancin offers highly specialized medical institutions with rehabilitation centers, located among pine forests are waiting for visitors. We invite you to one of very few in Poland city-spa – covered in greenery, full of flowers.

SPA PARK – THE HEART OF KONSTANCIN JEZIORNA
In the heart of Spa Park there is a graduation tower, which sprays brine water in the air. The water is mined from a depth of over a mile. It is worth noting that this is the only tower of this type in the Mazovian region. It is one of the oldest objects of this kind in Poland and it has been functioning continuously since 1978. The therapeutic properties of the brine positively affect nervous system, endocrine glands, and overall resistance of the body. After such a natural inhalation one can go to one of the many re-staurants serving delicious local dishes and desserts.

CONVENIENT LOCATION
Contrary to what one might expect, Konstancin-Jeziorna is located in the district of Piaseczno, less than 20 km from the center of Warsaw, about 16 km from the Frederic Chopin airport. Despite the proximity of the capital Konstancin has preserved its natural spa character. The city is surrounded by nature reserves. Such a unique location favors development of recreation and weekend tourism, attracting many walkers, bikers, anglers, mushroom pickers and patients.

Maskat airport: 9 hours 30 min
Salala airport: 13 hours 30 min
Dammam airport: 9 hours 40 min
Medyna airport: 9 hours 30 min

Access:
Warsaw: 19 km / 30 min
Warsaw Chopin airport: 21 km / 35 min

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Konstantin Hydrotherapy Centre
EVA Park Life & Spa

In the immediate neighborhood of graduation tower, in the heart of Spa Park of beautiful Konstancin-Jeziorna just 20 km from the center of Warsaw, we have created a unique haven of peace. Our cozy hotel and restaurant complex offers comfortable accommodation in single and double rooms and suites of high standard.

Using natural materials and modern technologies we have created a wide range of treatments of physiotherapy, balneology and climate healing and wellness by providing an increase in vitality and regeneration of body and soul.

Wellness & SPA Zone

An undeniable advantage of our resort is Wellness Zone with a brine swimming pool, Jacuzzi and sauna complex and a modernly equipped Sports Zone. Brine water regenerates and relaxes the skin giving it a youthful appearance, it also positively affects beauty. During your stay Spa & Wellness Center Eva Park is as at your disposal. It offers wellness treatments, body modeling treatments, body regeneration treatments, pearl bathing in aromatic brine waters, massages and many others.

Sports Zone

For everyone enjoying active rest we offer our Sports Zone, where Gravity platform reigns. The device not only helps muscles strengthening, but also is essential for body shaping. The Gravity platform restores the natural movements of the body used in daily life against the gravity and this way engages all muscles enabling doing more than 200 functional exercises with the possibility of calibrating the degree of resistance.

At the disposal of the guests:

- 5 single rooms
- 20 double rooms
- 2 apartments

The rooms are equipped with Wi-Fi, LCD TV, mineral water, hairdryer, a set of hotel cosmetics. In addition, suites and double rooms are equipped with additional pillows, and at your request we will deliver a bathrobe to your room. The price includes breakfast, access to the Wellness Zone - swimming pool, sauna and Jacuzzi and Sports Zone.

Brine pool

Brine pool Eva Park Life & Spa is one of very few pools fed directly from a natural brine source, extracted from own intake, from a depth of 1,750 m. Konstancin brine has a temperature of 29 °C and has unique relaxing and beautifying properties. The swimming pool is open daily from 8 am to 10 pm. In addition to using brine pool we also offer relaxation in brine pearl baths in Jacuzzi and resting in a dry sauna or steam bath.

EVA Park Life & Spa
ul. Siemkiewicza 2 (from the Źródlana street)
05-510 Konstancin-Jeziorna

RECEPTION:
tel.: 22 484 28 88
e-mail: rezerwacje@evapark.pl

www.evapark.pl
Locomotor System Therapy Centre
White House

White House is a Locomotor System Therapy Centre which provides comprehensive rehabilitation of patients with locomotor system diseases, neurological and rheumatic problems, and respiratory diseases. Our offer is directed to patients looking for alternatives to pharmacological treatments as well as to those searching for modern therapies with the use of top-notch equipment.

At the disposal of the guests: 10 studios (2+1 with bathroom).

As one of very few centers in Poland, we offer rehabilitation with exoskeleton, which is currently one of the most innovative tools for rehabilitation of people with paralysis of lower limbs. We try to do our best to optimize the curing process by offering our patients a wide range of treatments in physiotherapy and kinesiotherapy, individual therapy and prevention group therapies - all under the supervision of our qualified and experienced therapists.

GENERAL LOCOMOTOR SYSTEM REHABILITATION

General Rehabilitation is a comprehensive rehabilitation motor organs especially recommended if case of orthopedic indications (after injuries and surgeries, in cases of chronic diseases) or neurological, rheumatic recommendations. We have a wide range of treatments of physiotherapy and kinesiotherapy, modern equipment for rehabilitation and your health and well-being will be supervised by qualified physiotherapists.

We run individual gymnastics classes for each single disease, group gymnastics classes with a system of blocks and weights. We offer individual therapies and provide instructions of exercises tailored to a given disease (developed by our specialists).

EXOREHABILITATION

Exorehabilitation is a rehabilitation with the use of exoskeleton - a portable bionic skeleton - which is one of the most innovative methods of functional therapies, based on stimulating tissues and body systems. Its main aim is the patient’s verticalization and movement.

Rehabilitation is addressed to patients with reduced efficiency of lower limbs, people with a history of spinal cord injury or dysfunctions caused by diseases of the nervous system. Depending on the disease, a physiotherapist, in consultation with a doctor, defines the purpose, scope and intensity of the therapy.

Exercises with exoskeleton are always done with the participation of a qualified and trained physiotherapist.
**Hospitals at the Konstancin-Zdrój Health Resort & SPA**

**Cardiac Rehabilitation Hospital**

Cardiac Rehabilitation Hospital conducts early rehabilitation, recommended after myocardial infarction, acute coronary syndromes, to cardiac patients and to chronically ill because of circulatory disorders.

Heart failure, due to its universality, is a major challenge for modern medicine. Recent years have brought significant changes to heart failure treatment. An approach to physical activity has changed, which is now seen as one of rehabilitation methods. Early cardiac rehabilitation reduces mortality and improves quality of life allowing, in many cases, to returning to work, family and social life.

**Neurological Rehabilitation Hospital**

Rehabilitation is an integral part of therapeutic process in patients with neurological disorders. The condition for the best results of rehabilitation is starting the rehabilitation process immediately after acute neurological incidents. The rehabilitation program is developed by a team of specialists for each patient individually.

Neurological Rehabilitation Hospital works within the structures Spa Konstancin-Zdroj S.A. and for more than 45 years it provides comprehensive physical and psychological rehabilitation, mainly in patients after stroke and traumatic brain injury. The hospital runs rehabilitation which seelines patients with partial paresis and patients with other neurological diseases that require motor improvement. A special feature of this hospital is conducting rehabilitation of disorders of higher nervous activity, in particular speech disorders of aphasia.

**Our services are for:**

- Patient after cardiac surgery: valvular defects, with implantation of prosthetic heart valve, by-pass surgery
- Patients after PCI with stent implantation - with different forms of ACS or stable coronary artery disease with multiple risk factors.
- Patients with stable (compensated) heart failure
- Patients with implanted devices: pacemakers, JCD, CRT-D, and CRT-P

**At the disposal of the patients:** 191 beds. In our health facility we assure the high standard of diagnostics and treatment as well as we provide the latest medical equipment. Throughout the hospitalisation we guarantee safety and comfort during the stay.
Rehabilitation of neurological dysfunction of the spinal cord and nerve roots with underlying RNR

- C09 Consequences of inflammatory diseases of the central nervous system
- G12.0 Muscle atrophy of spinal origin of children, type [Werdnig-Hoffmann]
- G12.1 Other inherited spinal muscular atrophy origin
- G12.2 Amyotrophic lateral sclerosis
- G12.8 Other spinal muscular atrophy origin and related syndromes
- G12.9 Muscle atrophy of spinal origin, unspecified
- G82.0 Flaccid paralysis of the lower limbs
- G82.1 Spastic hemiplegia of lower limbs
- G82.2 Paralysis of lower limbs, unspecified
- G82.3 Flaccid quadriparesis
- G82.4 Spastic quadriparesis
- G83.0 Paralysis on both sides of the upper limbs
- G83.1 Paralysis of one lower limb
- G83.2 Paralysis of one upper limb
- G83.3 Paralysis of one limb, unspecified
- G83.4 Cauda equine syndrome
- G83.5 Spinal muscular atrophy
- G83.6 Poliomyelitis
- G83.7 Other specified paralytic syndromes
- G83.8 Other specified paralytic syndromes
- G83.9 Paralytic syndrome, unspecified
- G96.1 Postlaminectomy syndrome, not elsewhere classified

Rehabilitation of neurological dysfunction of the peripheral nervous system and the muscular dystrophies ORS

- G45.5 Neuralgia with muscular atrophy
- G81.0 Flaccid hemiplegia
- G81.9 Hemiplegia, unspecified
- M62.5 The weight loss and muscle atrophy, not elsewhere classified
- M62.4 Contracture of muscle
- M62.3 Immobilization syndrome (paraplegic)
- M62.2 Contracture of muscle
- M62.1 The weight loss and muscle atrophy, not elsewhere classified
- T92.1 Consequences of upper limb fractures
- T92.2 Consequences of fracture at wrist and hand level
- T92.3 Consequences of dislocations, sprains and tears of the upper limb
- T92.4 Consequences of injury of nerve of upper limb
- T92.5 Consequences of injury of muscle and tendon of upper limb
- T92.6 Consequences of crushing injury and amputation of upper limb
- T93.0 Consequences of open wound of lower limb
- T93.1 Consequences of hip fracture
- T93.2 Consequences of other fractures of lower limb
- T93.3 Consequences of dislocations, sprains and tears of the lower limb
- T93.4 Consequences of injury of nerve of lower limb
- T93.5 Consequences of injury of muscle and tendon of lower limb
- T93.6 Consequences of crushing injury and amputation of the lower limb
- T93.8 Consequences of other specified injuries of lower limb
- T96 Consequences of poisoning drugs and biological substances
- T97 Consequences of the toxic effects of substances not usually used for therapeutic purposes

Medical diagnosis in accordance with ICD-10, used for our patients' stationary cardiac rehabilitation

ICD-10 primary diagnosis

- Z35.2
- Z35.5
- Z35.6
- I00

ICD-10 secondary diagnosis

- I25.1
- Z35.0
- Z35.3
- I48
- Z35.7
- I49.9
- Z35.8
- I50.0
- I50.1

International Statistical Classification of Diseases and Related Health Problems – ICD10
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