



WEB OF SCIENCE



GEOAGIU BAI RESORT - OUR EXPERIENCE OF MEDICAL REHABILITATION TREATMENT



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Abstract

Introduction: Along with Herculane and Calan, Geoagiu-Bai enjoys the inalienable privilege of being one of the oldest spas in the country, dating from the Roman colonization period, when the resort was named Termae Dodonae. In the opinion of the specialists, however, the therapeutic use of the sources here is even older, that is, from the era before the colonization, when the locals used thermos-mineral water that abundantly springs up at Germisara, considered to be toponymical geto-dac ("germ" = hot, hot; "= Water, spring).

Material and method: The natural therapeutic factors of Geoagiu-Bai resort are: bicarbonate, calcic, magnesium, low-radioactive, hypotonic, hypothermic (29-33 ° C) mineral waters with a total mineralization of 1.1-1.4 g / l; sedative climate bio-climate and ioduros-feruginous peat mud. These natural therapeutic factors are used in the treatment of complex pathologies of the locomotor system (degenerative, inflammatory rheumatism, post-traumatic and postoperative pathology), respiratory, dermatological, neurological and dysmetabolic disorders. The treatment bases in the resort are using therapeutic procedures to supplement the therapy with natural climate factors such as electrotherapy, hydrotherapy, hydro-kinesio-therapy, thermotherapy, magneto-therapy, laser therapy, inhalotherapy and massage.

The duration of treatment course at the Germisara Hotel Resort & Spa is 5 and 10 days, respectively, during which patients benefit from a complex medical treatment including the combination of natural cure and electrotherapy procedures, laser therapy, magneto-therapy, hydro-kinesio-therapy and massage.

Results: Following treatment, we gained an increase in joint mobility and a significant pain relief especially in the degenerative, posttraumatic and postoperative pathology of the locomotor system.

Conclusions: Combining natural climate factors in Geoagiu-Bai with specific rehabilitation procedures has an important role in the treatment and prevention of multiple pathologies; we also highlight the need to update the studies made over time and to supplement them with new data to support the effectiveness and importance of natural climate treatment.