

Find your health at
our thermal springs



**ZDRAVSTVENI CENTER
TERME PTUJ**



Beneficial water and excellent qualifications for success in sports medicine and orthopaedics

Around the springs of healing thermal water, we have built a comprehensive range of medical, therapeutic and unique relaxation services for a stronger path through life. The Ptuj thermal water has proven and established healing properties. It is effective in the treatment and rehabilitation of degenerative conditions, locomotor system disorders, injuries and post-operative conditions of the skeletal system, joints and muscles. Terme Ptuj is also the ideal place for people looking to restore or strengthen their health, as renowned specialists in various fields will help you identify and eliminate the causes of your health problems.

At the Terme Ptuj Health Centre, we treat:

- Pain in the spine
- Post-trauma and post-operative conditions of the locomotor system (shoulder girdle, elbow, wrist, hip, knee)
- Sports injuries
- Other degenerative conditions: vertebral and vertebrogenic syndromes, arthrosis, spondyloarthropathy
- Osteoporosis treatment and prevention

Specialist medical services

Renowned specialists in various fields will help you identify and eliminate the causes of your health problems. Appointments for examinations at specialist clinics should be booked in advance.

Physiatry clinic

Physical medicine and rehabilitation is a special branch of medicine that deals with conservative treatment using physical and natural factors for conditions of the locomotor system and pain in the joints, spine or muscles that make it difficult for patients to perform everyday tasks, cause them to feel unwell, restrict their movement or limit their ability to engage in sports and recreation.

The physiatry specialist is in charge of the rehabilitation process for patients who come for balneo (bathing) rehabilitation. They also advise hotel guests on how to choose the right medical programme or therapy and provide specialist examinations of referral patients and self-funded specialist examinations in physical medicine and rehabilitation.

	PRICE
Initial examination by a physical medicine and rehabilitation specialist	40,00 €
Repeat examination by a physical medicine and rehabilitation specialist	30,00 €
Consultation with a physical medicine and rehabilitation specialist	20,00 €
Blockade	30,00 €



Orthopaedic clinic for the spine, orthopaedics and sports injuries

	PRICE
First consultation with an orthopaedist	80,00 €
Repeat consultation with an orthopaedist	50,00 €
Blockade	30,00 €
Diagnostic ultrasound (joints and soft tissue)	50,00 €
Consultation with an orthopaedist + ultrasound (package offer)	110,00 €

Neurosurgery clinic

	PRICE
First consultation with a neurosurgeon	80,00 €
Repeat consultation with a neurosurgeon	50,00 €
Blockade	30,00 €

Basic medical services

	PRICE
Hotel room visit by a physician	26,00 €
Hotel room visit by a nurse	12,00 €
Blood pressure measurement	3,00 €
Small bandage	9,00 €
Large bandage	17,00 €
Injection (intramuscular, subcutaneous) according to the physician's written instructions (own medication)	5,00 €
Injection (intramuscular, subcutaneous) according to the physician's written instructions (including medication)	7,00 €
Elastic bandage (application)	7,00 €
Issuing a prescription	2,00 €
Accompanying the patient to therapies (per day)	10,00 €
Daily care – partial per day	25,00 €
Administrative certificate	7,00 €
Issuing duplicates of medical documents (per A4 page)	0,10 €

Therapy

Kinesiotherapy

Physiotherapy helps to maintain and improve your functional status and well-being. It enables you to return to your everyday life faster and makes it possible for you to resume sports and recreation.

	DURATION	PRICE
Consultation with a physiotherapist	10 min	15,00 €
Assisted exercises	20 min	20,00 €
Physiotherapy treatment*	30 min	35,00 €
Physiotherapy treatment**	50 min	50,00 €
Exercises in the thermal park	based on the diagnosis	12,00 €
Active exercises	10 min	10,00 €
Range of motion with a dynamic splint – knee, shoulder	10 min	11,00 €
Kinesio taping (2 tapes)		15,00 €
Kinesio taping (3 tapes)		20,00 €
Kinesio taping (own tape)		6,00 €

* Treatment of the locomotor system with selected manual techniques (diagnosis and therapy).

** Treatment of the locomotor system with selected manual techniques (diagnosis and therapy) combined with a physical modality.



Special treatments

Special therapy, soft tissue release therapy (myofascial trigger points), INN technique, neurodynamics...

DURATION

30 min

PRICE

35,00 €

Mechanotherapy

Spinal traction

10 min

11,00 €

Mechanical lymphatic drainage

Mechanical lymphatic drainage, one limb

20 min

10,00 €

Mechanical lymphatic drainage (full)

20 min

17,00 €

Hydrokinesiotherapy

Water exercises

8,00 €

Thermal water bath

20 min

15,00 €

Pearl bath

20 min

18,00 €



Measurements

	DURATION	PRICE
Joint measurements (single axis)	10 min	7,00 €
Joint measurements (multi axis)	20 min	17,00 €
Muscle strength testing (muscle status – one group)	25 min	20,00 €

Electrotherapy

Pain relief electrotherapy (IF, DD, TENS)		12,00 €
Electrical stimulation		13,00 €
Compex electrostimulation		14,00 €
Laser – one area		15,00 €
Laser – two areas or more		24,00 €
Ultrasound therapy (one area)		13,00 €
IR radiation		8,00 €
Bioptron therapy		10,00 €
Magnetic therapy		13,00 €

Laser therapy (MIS)

Consultation + first treatment		50,00 €
Further treatments – one area (20 min)		20,00 €
Further treatments – two areas or more (30 min)		30,00 €

Shockwave therapy

Consultation + first treatment		50,00 €
Further treatments – one area (20 min)		20,00 €
Further treatments – two areas or more (30 min)		30,00 €

Thermal therapy

Peloid therapy – peat wrap

PRICE

1 wrap	15,00 €
2 wraps	20,00 €
3 wraps or more	24,00 €

Thermal pack

1 wrap	10,00 €
2 wraps	12,00 €

Cryopack

1 wrap	10,00 €
2 wraps	12,00 €



Medical massage therapies

	DURATION	PRICE
Manual massage – partial	10 min	13,50 €
Manual massage – half body	20 min	18,00 €
Manual massage – full	40 min	30,00 €
Therapeutic manual massage	15 min	20,00 €
Therapeutic manual massage	30 min	29,00 €
Pain relief massage	15 min	21,00 €
Pain relief massage	30 min	30,00 €
Pain relief massage	45 min	40,00 €
Antirheumatic massage	30 min	30,00 €
Antirheumatic massage	45 min	40,00 €
Manual lymphatic drainage	20 min	18,00 €
Manual lymphatic drainage	40 min	35,00 €
Manual lymphatic drainage – facial	30 min	31,00 €
Special medical lymphatic drainage (lymphoedema)	45 min	50,00 €
Lymphoedema medical programme – special medical lymphatic drainage, 5 treatments	30 min	178,00 €
Lymphoedema medical programme – special medical lymphatic drainage, 5 treatments	45 min	210,00 €

The massage therapies are performed at the Thermal Park.

Health programmes

	DURATION	PRICE
Rehabilitation programme	min. 5 days	265,00 €

This programme is individually tailored to patients to improve the post-operative or post-trauma condition of any joint, muscle or ligament.

- 1 medical examination
- 5 exercise sessions
- 5 electrotherapies (muscle or nerve stimulation, interference currents or magnetic therapy)
- 3 pool exercise sessions
- 2 half-body massages

Lower back pain programme	min. 3 days	109,00 €
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This programme is aimed at people suffering from lower back pain. It combines the power of nature with human experience and expertise, as well as mechanical energy. These therapies are used to improve mobility, strengthen muscles and relieve pain.

- 1 medical examination
- 2 pool exercise sessions
- 2 exercise sessions
- 2 pain relief therapies
- 1 peloid wrap

*This programme can be booked for three days, six days or longer.

Small Spa Programme

PRICE

150,00 €

1 initial examination by the health resort physician who prescribes therapies
6 therapies as recommended by the physician
1 final consultation with the physician

Large Spa Programme

254,00 €

1 initial examination by the physician who prescribes therapies
12 therapies as recommended by the physician
1 half-body manual massage (20 min)
1 final consultation with the physician

Expanded Spa Programme

365,00 €

1 initial examination by the physician who prescribes therapies
20 therapies as recommended by the physician
1 final consultation with the physician

Booking

We recommend booking your services at the Health Centre a few days before your chosen dates.

Cancellations

Please make any cancellations no later than on the day before your booked appointment. If the services booked are not cancelled and not used, they will be charged in full.

Advice

We recommend arriving at the Health Centre 10 minutes before your appointment. Please inform the therapist in advance about any relevant medical issues. People with serious conditions are advised to consult their physician before using any therapies.

Opening hours

Health Centre reception
Monday to Friday: 8.00 - 15.00

Phone: +386 2 749 45 50
E-mail: zdravstvo@terme-ptuj.si

TERME PTUJ

SAVA HOTELS & RESORTS

The prices are in EUR and apply as of 1.11.2020. The prices include VAT in accordance with the legislation.
We reserve the right to change the prices.

Sava Turizem d.d.
Terme Ptuj, Pot v toplice 9, 2251 Ptuj, Slovenia