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## Latvian case study: PostCovid rehab programmes

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# Post Covid rehabilitation programm

## Health problems:

- difficulty breathing;
- depressed psychological condition;
- headaches;
- fatigue;
- weakness;
- exacerbation of co-morbidities;
- sleep disorders;
- anxiety;
- other health problems.

## Aim of programm

reduction of post-viral complications,  
resumption of daily activity,  
improving the patient's health-related quality of life,  
increasing load tolerance

## MULTIPROFESSIONAL REHABILITATION TEAM:

internist

physiotherapist

occupational therapist

psychologist

audiologist

nutrition specialist

Medical Cigun Instructor

hydrotherapy complex, physical therapy specialists

nurse

## For PostCovid programms

The treatment courses are prescribed by medical professionals after careful investigation of the patients individually. Family doctors, doctors specialists (like pulmonologist, cardiologist ect.).

In all rehabilitation centers next step consultation with doctor – rehabilitologist, or/and neurologist or/ and pulmonologist and carefully develop the rehabilitation plan by individual case.

**In Latvia we have several rehabilitation centres who are provides postpandemic rehab.programmas, which includes natural healing resources. Like:**

**2 types of mineral water drinking courses,  
2 types of mineral water bathing, and  
mineral water swimming pool(exercises  
in swimming pool).**

**Jodine – bromine mineral water**

**Hydrogen sulphate mineral water**

**Climate therapy.**

**Peloid applications and bathing.**

## 7-14 days long programms

24 - hour medical surveillance,  
accommodation, 3–4-time  
meals.

### Medical pre-Consultations:

- **Doctor/Rehabilitator physician consultation on the day arrival,**
- **rehabilitation plan specification and supervision,**
- **Scheduled doctor's appointment every 4 days and as necessary,**
- **Consultation with a psychologist**
- **Consultation with a cardiologist, or neurologist, or otolaryngologist, or psychologist, other specialists.**

**Diagnostics: ECG (electrocardiography), Spirography, Blood test (CRO, ALAT, Creatine, Glucose, Total cholesterol, Total Vitamin D), Analysis of urine.**

**Physiotherapist initial consultation and rehabilitation plan specification**

**Physiotherapist individual classes or therapeutic exercises/Therapeutic gymnastics in a group**

**Physical therapy procedures Chest massage (30 min.) Halotherapy (Salt Room)**

**Medical Cigun group Occupational therapy classes Psychologist classes**

**Nutritionist group lesson Audiologist consultation and classes Medical Cigun**

**Salt/Halotherapy therapy Magnetic therapy Electrotherapy**

**Ultrasound Sling therapy Lymphatic drainage**

**Kinesiological taping Cascade massage in the pool Different types of massages**

**Mineral water baths (according to the doctor's instructions) Sludge procedures**

**Nordic walking Aerotherapy/Terrancourt every day**

**Phytotherapy, Unlimited drinking use of the buvette of mineral water, Swimming pool with mineral water with saunas daily (1 h. 30 min.)**

**Therapeutic gymnastics in the pool with mineral water every other day**

**Therapeutic bath every other day One of the showers in a day Inhalation in a day**

**Massage of the thoracic spine every other day Apparatus physical therapy in a day**

**Dry carbon dioxide bath every other day Oxygen cocktail or oxygen inhalation every other day**







