

THERAPY

The medical center "AltMed" implements modern Western scientific technologies such as:

- **Biofeedback therapy:** with implementation of the hardware-software complexes "Miotonik" and "Bio-Bittman" (Russia): diagnosis and correction of lesions of the musculoskeletal system by electromyography and correction of speech disorders under the control of heart rate and respiratory arrhythmia of the heart.

- **Kinesiology:** treatment of functional disorders of muscles and joints, using "MTB" - Multifunctional using training apparatus Dr. Bubnovsky (Russia); joints special stretching, using training apparatus "Shlingentish" (Germany).

— **Hydrotherapy (water treatment):** Controlled underwater spine traction, shower massage, hydromassage of paravertebral muscles, aeromassage, whirlpool tub, chromotherapy (affecting the human body through specific colour spectrum) through the use of *"Acquattraction" multifunctional hydro-massage equipment produced by "Orbita" JSC, (Russia).*

- **Massage:** classical, segmental, pressure point, cupping, aromatherapy.

- **Physiotherapy:** inhalation therapy, electrophoresis, ultrasound therapy, darsonvalization, magnetic therapy, laser therapy.

- **Therapeutic drug blockade:** paravertebral, conductive and local blockade, plazmolifting, PRP therapy.

- **Nutritionology:** (the use of nutraceuticals, probiotics, parapharmaceuticals) and **Dietology.**

- **Psychotherapy:** positive psychotherapy, personality-centered therapy, art therapy, NLP therapy, psychodrama, etc.

- **Logopaedics (speech therapy):** correction of the voice, speech, reading and writing disorders.

The medical center "AltMed" also uses centuries-old experience of the Oriental medicine: **Herbal medicine. Homeopathy. Manual therapy.**

Acupuncture. Aromatherapy. Claytherapy. Hirudotherapy (treatment with medicinal leeches). **Apitherapy** (treatment with bee products).



C13 UBT - Analyzer «FAN hp»
(«Fisher», Germany)

To us apply those, who take good care
of their health

To us apply those who were
not diagnosed accurately,

To us apply those who were not
cured completely,

So, we do know how to prevent and treat
your disease!

Welcome to the medical center "AltMed"!

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"AltMed"

**CENTER OF REHABILITATION
AND TRADITIONAL MEDICINE**

**QUALIFIED AND SENSITIVE DOCTORS!
MODERN AND ALTERNATIVE METHODS
OF DIAGNOSIS AND TREATMENT!
INTEGRATED COMPLEX HEALTH
CARE! INDIVIDUAL APPROACH TO
EACH PATIENT!**



**Rehabilitation Therapy, Physiotherapy,
Kinesiology, Massage, Manual Therapy
Neuropathology, Rheumatology,
Dermatology-Cosmetology, Endocrinology,
Gastroenterology, Dietology-Nutritionology,
Reflexotherapy, Homeopathy, Speech and
Language Therapy, Psychotherapy.
Traumatology-Orthopaedics. Neurosurgery,
Anaesthesiology.**

ABOUT US

In "AltMed" medical center we offer to our patients an integrated preventive, curative and rehabilitative therapy through the use of modern and alternative pharmacological and non-pharmacological methods of therapy:

- **"Healthy spine" program:** osteochondrosis of the spine and herniated disc disease, etc.,



Herniated disc

- **"Healthy posture" program:** scoliosis, kyphoscoliosis, flat feet, unequal leg length syndrome, oblique pelvis syndrome,

- **"Stop Osteoporosis!" program:** diagnosis and treatment of osteopenia and osteoporosis, for pain management and prevention of bone fractures;

- **"Pain Management" program:** diagnosis and treatment of acute and chronic pains (low back pain syndrome, headaches, neuralgia (neurodynia), causalgia and phantom pain, trigeminal neuralgia, herpetic neuralgia, painful joints, etc.);

- **"No to Hepatitis!" program:** chronic diffuse liver diseases (hepatitis B and C, hepatosis, Zhilber syndrome etc.);

- **"Anti-aging" program:** diagnosis and treatment of skin and hair problems.

- **"Weight Management" program:** diagnosis and treatment of first and second classes of obesity, as well as obesity conjoint with the metabolic syndrome;

- **"Rehabilitation" program:** after the various surgical interventions (total joint replacement arthroplasty, removal of herniated discs, etc.), diseases (diseases of the nervous system (nervous disorders) stroke, neuroinfections) and traumas (sprains, strains, muscle stretch, etc.) of the musculoskeletal system.

In "AltMed" Medical Center our multi-disciplinary team of experts carries out the diagnostics, treatment of patients and rehabilitation of widely-spread diseases:

- **diseases of the gastrointestinal tract:** gastritis, cholecystitis, pancreatitis, colitis, bacterial overgrowth (dysbiosis), parasitic diseases (helminthic infections), constipation, hemorrhoids;

- **endocrine diseases:** hyperprolactinemia, diabetes, hyperthyroidism, hypothyroidism, infertility, etc. ;

- **metabolic disorders:** overweight and underweight, malnutrition, hypovitaminosis, dsmicroelementoses etc. ;

- **diseases of the urogenital system:** irregular menstruation, dysmenorrhea, salpingo, mastopathy, menopausal syndrome, cystitis, nephrolithiasis (kidney stones) disease, nocturnal enuresis, prostatitis, etc. ;

- **skin diseases:** dermatitis, eczema, acne, hair loss, fungal, viral and bacterial skin disorders, etc.;

- **allergic conditions:** allergic rhinitis and conjunctivitis, asthma, hay fever, food and drug allergies, and others.;

- **speech therapy:** speech (autism, logoneurosis (stuttering), aphasia, dysarthria, dyslalia); voice (aphonia, phonation disorders); reading and writing (dyslexia, dysgraphia), etc. ;

- **psycho-emotional disorders:** neuroses, depression, phobias, age crises, addictions (smoking) and others.

DIAGNOSTICS

In Medical Center "AltMed" we offer:

- **Osteodensitometry:** determination of the degree of osteoporosis and obesity using *the X-ray DXA-osteodensitometry method.*



Densitometer, X-ray «STRATOS» (France)

- **Electroneuromyographic diagnosis:** identification of the structural and functional state of peripheral nerves and muscles through the method of *the stimulus electroneuromyography.*

- **Anthropometry:** detection of anatomical disorders (scoliosis, kyphoscoliosis, incorrect posture, etc.), somatotype, lower limb length and non-optimal movement patterns through *somatoscopy*; to determine the grade and type of flatfoot by *plantography.*

- **Reflexodiagnostics:** identification of the functional state of the organism and conduction of drug with the help of *Su-Jok diagnosis, auriculodiagnostics and Vegetative resonance tests (VRT) diagnosis.*

- **Biochemical diagnostic:** helicobacteriosis detection (infection of the stomach with the bacterium *Helicobacter pilori*) using *C13 UBT (urease breath test).*

- **Psychodiagnosis:** assessment of the patient's psycho-emotional state.

- **Logopedic examination:** analysis of speech, voice, reading and writing disorders.