



# MedifitReha

Rehabilitation Center on the Costa Blanca



# Contents

Welcome!	2
Rehabilitation at MedifitReha	3
Your stay	4
Orthopedic Rehabilitation	5
Hip & knee	5
Back	6
Shoulder	7
Neurological Rehabilitation	8
Oncological Rehabilitation	9
Cardiac rehabilitation	10
Obesity	11
Pulmonary Rehabilitation	12



## Welcome!

Welcome to MedifitReha, the expert rehabilitation center in Moraira (Alicante, Spain). Since 2009, Miguel Martorell Schonenberg and Gerard Krol have been enabling rehabilitation in the beautiful and sun-drenched Moraira for patients from all over Europe.

By joining forces with leading international Hospital Clinica Benidorm (HCB), MedifitReha can offer various rehabilitation programs in combination with a possible surgical procedure.

### Your rehabilitation taken care of down to the last detail

The only thing you need as a patient is a prescription for internal rehabilitation from a rehabilitation doctor.

We will take over the care from that moment on. For example, we have direct contracts with Dutch health insurers and we will take care of all administrative matters.



## HCB - Medifit's Mission

Providing quality medical care aimed at the patient. Continuing to improve rehabilitation treatment in combination with any operative interventions. This is done by conducting research and attending international conferences.

## Our Vision

To be the leading international rehabilitation center in Europe that is constantly trying to improve in quality of treatment and in the care of the patient.

## Our Values

- PERSONAL CARE
- HUMAN SIDE OF HEALTHCARE
- HIGH-TECH TECHNOLOGY
- MODERN INSTALLATIONS
- CONSTANT FURTHER TRAINING
- INVESTMENT IN MEDICAL EXAMINATIONS

## Rehabilitation at MedifitReha Rehabilitation Clinic, how does it work?

Below we explain it step by step.

### Step 1 – Diagnose

When you need rehabilitation, it is imperative that a referral is first written by a rehabilitation doctor. This referral can be written by a rehabilitation doctor in your country or by our own rehabilitation doctor.

### Step 2 – Cost

Your medical insurance might cover the costs of medical care abroad. Our administration department with lots of experience will contact your medical insurance company if necessary and will try to get your insurance company to cover as much as possible your medical costs. We have contacts with lots of international insurance companies which allows us to negotiate with them.



### Step 3 – Preparations

We ensure that the following is arranged for you:

- Consent from your insurer
- Transport and transfer from the airport to the rehabilitation center
- From personal guidance to financial settlement

### Step 4 – Rehabilitation program

The first day of the rehabilitation process always starts with a consultation with our rehabilitation doctor, who will then discuss the treatment plan with you and the therapist team. Then you usually start rehabilitation the same day. During the treatment process, there is regular evaluation to adapt the rehabilitation program to what you need most at any time.

[Request a consultation >](#)

# Rehabilitation at MedifitReha

# Your stay

## What is your stay like?

### Luxury care apartments and spacious rooms

At MedifitReha we think it is important that you feel at home. In terms of accommodation, you can choose between luxury rehabilitation apartments and spacious rooms for a comfortable stay. Whatever type of accommodation you choose, they are all wheelchair friendly and equipped with every comfort.



### Facilities and service

Our rehabilitation center has numerous amenities and facilities. In addition to modern communal areas, consultation and treatment rooms, there are four different exercise rooms, an adapted indoor swimming pool as well as an outdoor pool. In addition, you can count on daily nursing and we have all kinds of aids. When you stay in an apartment you can also use our transport and shopping service.

And would you like to explore the beautiful surroundings during your stay? We provide a rental car free of charge for a partner, companion or if you are able to drive yourself. During your stay we will do everything we can to make it as comfortable as possible for you. This way you can fully concentrate on your rehabilitation and recovery.

## Hip & knee

**The hip and knee program is for when you need a hip or knee prosthesis.**

You will be taken to the HCB hospital where the operation will take place. You will stay here for four to five days, after which you will stay in the Medifit rehabilitation center for three weeks. During these three weeks you will stay in a comfortable apartment that is fully equipped.

The rehabilitation takes place over two hours a day and consists of lymph drainage, mobilization, stabilization and strength training. When the wound is properly closed, you will also receive hydrotherapy in the indoor heated swimming pool.

Your program will end after the total of four weeks. Often you can already walk without crutches, however we recommend that you use a crutch for at least another two weeks. You will receive a report from us of the entire rehabilitation with the recommendations, so that you can continue to practice when you are back home.



# Orthopedic Rehabilitation

## Back

The back unit of the HCB - Medifit consists of a team of renowned doctors, specialists and therapists who have the most modern equipment at their disposal. We offer you adequate treatment for your specific pain. For example, we use a multidisciplinary view and discuss the options with you. If an operation is necessary, it will be performed with the most modern techniques. This ensures that as little structural damage is done as possible, so that the recovery goes as quickly as possible. The HCB is the reference hospital in Spain for the introduction of new technologies for General Electrics, Zimmer, STORZ and Braun Aesculap.

The rehabilitation program is based on an extensive evaluation consisting of a conversation, functional movement examination and physical computerized tests. With this information, a multidisciplinary rehabilitation process is created for you. Specially designed equipment ensures that you can control your mobility, strength and back coordination in a safe and effective way. This, in combination with the guidance of specialists in the field of back rehabilitation, ensures that you recover in record time.



# Orthopedic Rehabilitation

## Shoulder

The shoulder unit is specialized in the treatment of shoulder problems. New minimally invasive techniques can be used here, such as arthroscopy. However, it is often possible to recover completely without surgery.

The intake examination consists of an interview, MRI images, ultrasound, functional movement examination and computerized tests. After this, the treatment process is made by a multidisciplinary team and discussed with you.

Possible treatments are; manual therapy, osteopathy, shock wave therapy, functional training or specified strength training. It is important to know that shoulder problems are often caused by weakening of small stabilizing shoulder muscles. These must be strengthened with special exercises. This is THE specialization of the shoulder unit.

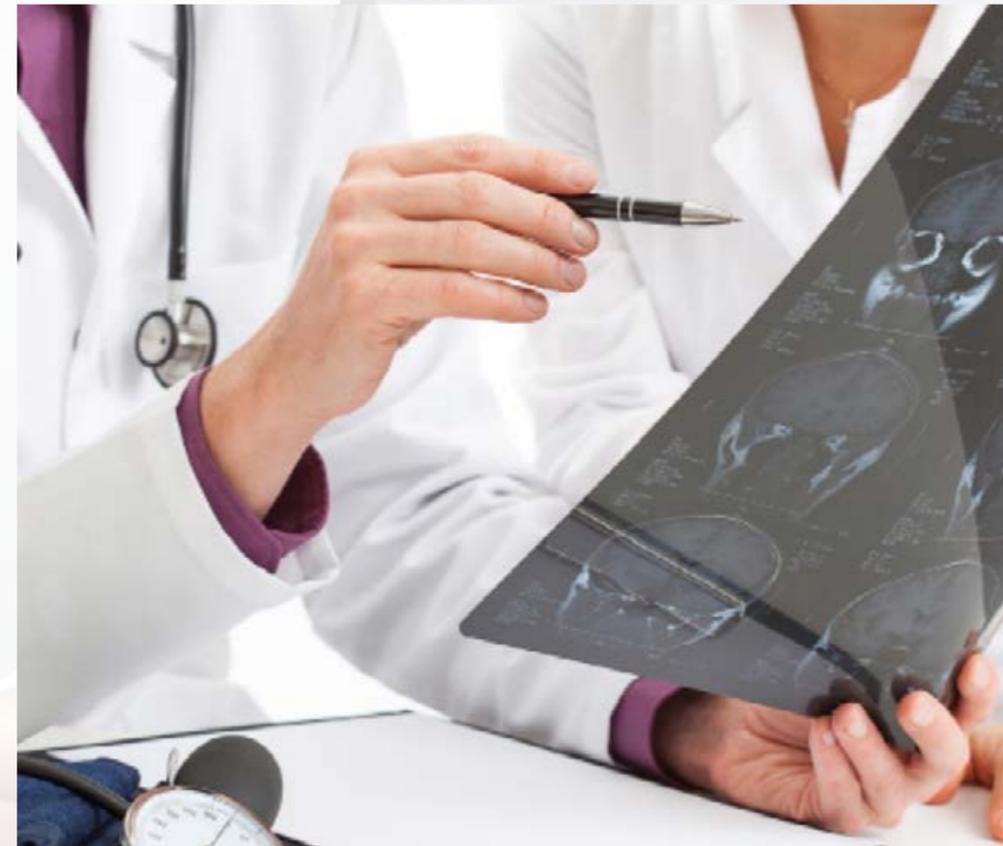
We also have computerized measuring equipment, so that we can record your progress objectively.



## Neurology

Neurology rehabilitation consists of a specialized program for problems as a result of a stroke, cerebral haemorrhage, brain tumor, CVA or another non-congenital brain disorder (NAH). We offer a modern individual and successful approach with excellent medical care. The concept is unique in Europe due to the close collaboration between the neurological therapist team and specialists such as neurologists, cardiologists, psychologists and rehabilitation doctors.

Our internationally recognized method has proven itself in the fastest possible recovery from neurological problems. If you choose to rehabilitate with us, you can be sure that you will make the best recovery!



# Neurological Rehabilitation

## Oncological Rehabilitation

Oncological rehabilitation is defined as care aimed at functional, physical, psychological and social problems related to cancer, including aftercare and rehabilitation. One of the components of cancer rehabilitation is physical training. Thanks to the modern facilities, beautiful surroundings and the sun-drenched climate, the Medifit rehabilitation center offers excellent opportunities.

Oncological rehabilitation can help many (former) patients to overcome the consequences of the disease and treatment, thus improving quality of life and participation. The cancer rehabilitation that we offer is suitable for:

- Adult (former) cancer patients (from 18 years)
- All oncological conditions
- All phases of the oncological treatment and recovery process; also the palliative phase.



# Oncological Rehabilitation

## Heart

The cardiac rehabilitation program is suitable for a variety of heart problems. We work according to a scientifically proven and European recognized program in which you rehabilitate with ultramodern equipment and specially trained therapists. The therapists are supervised by a cardiologist and you train under constant heart monitoring. This enables you to work safely on recovery from your illness or surgery. This could be after a heart attack, angioplasty or bypass surgery, internal defibrillator implantation, angina pectoris or heart failure.

After a consultation with the cardiologist, during which you will receive a complete check up, an ECG and bicycle ergometry test, the rehabilitation starts. This consists of fully monitored and controlled workouts, relaxation therapy and breathing techniques. To prevent future heart problems as much as possible, the dietitian provides lifestyle advice to help you with this. Heart problems often have a major impact on the whole family, our psychologist therefore prefers to see and assess the patient with partner.



# Cardiac Rehabilitation

## Obesity

Medifit's obesity rehabilitation program can be in conjunction with bariatric surgery. Most important, however, is the behavioral change needed to tackle overweight or obesity. Regular exercise combined with proper nutrition is the concept

During the rehabilitation process, the best (and most enjoyable) forms of exercise are examined for each patient. This is crucial to maintain the lifestyle. Regular exercise is also essential after obesity surgery. A progressively individually adapted treatment program is drawn up under medical supervision. The entire rehabilitation takes place under heart rate control and will be tested regularly on the basis of medical parameters such as weight, BMI and waist circumference. Ultimately, the goal is that you get pleasure from exercising and that you can do this yourself without risk.

In addition, the nutritionist works with you on your diet. You will be taught what to look for when purchasing food and what are simple ways to prepare tasty and healthy food.



# Obesity rehabilitation

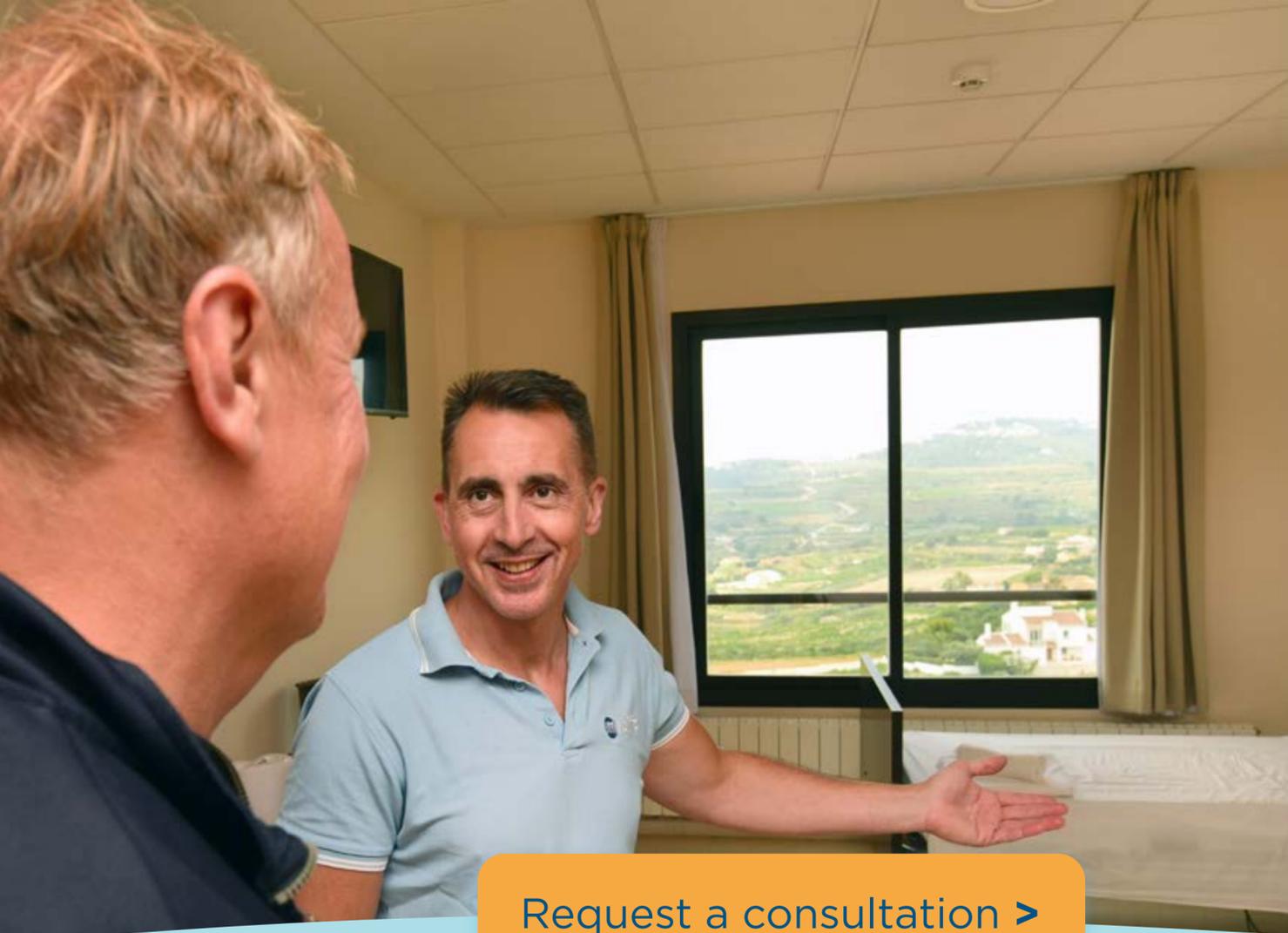
## Lung

Pulmonary rehabilitation is more than just training. Pulmonary rehabilitation at Medifit aims to improve the quality of life by tailoring treatment to the problems you experience. This means that the treatment is very individual and that it can focus on: condition, strength, breathing, daily activities, but also on your nutritional and social circumstances.

The pulmonary rehabilitation program improves your daily activities. Examples include walking, walking up stairs and doing household chores. You will learn how to efficiently distribute your energy over your daily activities. COPD is regularly associated with a non-optimal nutritional condition. This is improved by the nutritionist who gives you individual nutritional advice. This will make you feel fitter and have more energy. Any problems with certain emotions and behavior are also discussed with a psychologist.



# Pulmonary Rehabilitation



[Request a consultation >](#)



## Contact

Do you have a question or would you like more information about a rehabilitation process at MedifitReha? Please feel free to contact us. We will get back to you as soon as possible.

**T (+34) 966 495 448 - E [info@medifitreha.nl](mailto:info@medifitreha.nl)**

[www.medifitreha.nl/en](http://www.medifitreha.nl/en)

Ctra. Moraira – Benitachell 22  
03724 Teulada – Moraira  
Alicante – Spain