



MANUAL THERAPY

This method consists in treating motor dysfunctions of peripheral and spinal joints. By using specially chosen

manual techniques, your therapist can effectively unblock the joints and thereby restore their proper mobility.

As a result, any pain ailments – both of the neural and muscular origin – are removed. What is more, also the

problematic arthritis retreats, setting the patient free from inflammations in the joint structure. At our SPA,

we use the following manual therapies: Mulligana, Yumeiho, Redcord, MTT – Medical Therapeutic Training.

Yumeiho Therapy

The YUMEIHO® therapy aims primarily at correcting the positions of the pelvis bones. It's also supposed to properly activate the spinal and peripheral joints, which in turn restores the right position of the centre of gravity in your body. Keeping the centre of gravity as it should be positioned is a key element of the YUMEIHO® therapy.

YUMEIHO® is a therapeutic system in which the number of treatments always depends on the ailment type. In the course of the procedure, as many as 120 various techniques are used, including: deep tissue massage by kneading and compression, and adjusting the joints carried out in the original and pain-free Japanese manner (SEITAI), comparable to the American chiropractic or osteopathy.

YUMEIHO® is a highly effective therapy of the following ailments: pains in the spine, in the back, in the joints, discopathy, spondylolisthesis, scoliosis, migraines, muscular pains, difference in the length of lower extremities, menstrual pains, asymmetries in the musculoskeletal system, faulty postures.

All the Yumeiho treatments at our Health Centre are performed by a certified specialist in the field - **Przemysław Zieliński**.