

# MEDICAL CENTRE - PRICE LIST 2019

## TERME DOBRNA

### THE THERMAL WATER OF TERME DOBRNA

The hot springs at Dobrna were already known by the Celts and Romans. The water was first used for its healing qualities in 1403. By 1542, the thermal waters of Dobrna had become a renowned healing agent for gynecological and urological disorders, rheumatism and similar ailments, and disorders and injuries to the locomotive system.

The thermal waters are also very effective against peripheral circulatory disorders, neurological disorders, diabetes, hypertension and mild disorders of the heart and lungs. They have been used for decades for invigorating the organism and improving the general mental and physical condition.

The main active agent is calcium - magnesium bicarbonate alkaline acratotherm thermal springs with a temperature of between 35 and 36.5o C.

Because of the calcium ions in the water, the thermal water has an anti-inflammatory and anti-allergic effect in cases of chronic inflammation of the digestive and urinary tracts. It also accelerates the removal of water from the body.

It plays an indirect role in removing kidney and gall stones from the body.

The Ministry of Health of the Republic of Slovenia recognized thermal water as natural healing factor at Dobrna spa.

### COMPOSITION OF THERMAL WATER:

COMPONENT	g/l	COMPONENT	g/l
Lithium	0,000005	Potassium	0,00093
Sodium	0,00393	Calcium	0,0744
Magnesium	0,0210	Chloride	0,00110
Aluminium	0,000014	Sulphate	0,0179
Zinc	0,000034	Bicarbonate	0,3186
Nitrate	0,00142	Iron	0,000026
Hydrophosphate	0,00005	Baker	0,000016

MEDICAL EXAMINATIONS (Urology, Physiotherapy, Orthopaedics, Neurology)	PRICE in EUR
Specialist check-up with opinion (Urology, Physiotherapy, Orthopaedics, Neurosurgery)	85,00
Specialist check-up with result and opinion (Neurology)	75,00
Specialist check-up with result and opinion (Psychiatry)	80,00
Physical examination and assessment of speech ability (logopaedics)	50,00
Follow-up (neurosurgical, physiatric, orthopaedic, urological, neurological, psychiatric)	50,00
Rheumatological examination – first check-up	60,00
Rheumatological examination – follow-up	40,00
Doctor's consultation 10 min	20,00
Doctor's visit in the room during working hours	35,00
GYNECOLOGY AND OBSTETRICS	PRICE in EUR
Preventive examination for women (gynecological examination, papanicolaou smear (preventive test for cancer diseases), transvaginal ultrasound, breast examination, preventive check-up for osteoporosis (with a diagnosis), doctor's report in writing)	155,00



Specialist gynecological examination	80,00
3D/ 4D ultrasound examination during pregnancy, recorded on a CD/USB	80,00
Ultrasound Picture (3) or USB record	10,00
Trans-vaginal examination with ultrasound	30,00
Gynaecological ultrasound	50,00
Ultrasound examination for pregnant woman	40,00
Identification of streptococci gr. B	35,00
HPV (Humani Papiloma Virus) determination, Chlamydia Trachomatis	55,00
Medical statement	25,00
Withdrawal of cervical smear	40,00
<b>UROLOGY</b>	<b>PRICE in EUR</b>
Specialist urological examination	85,00
Transrectal ultrasound of prostate	50,00
Catheter insertion	20,00
PSA – prostatic antigen	30,00
CA-125	20,00
Uroflow	20,00
<b>AMBULATORY SERVICES</b>	<b>PRICE in EUR</b>
Preventive check-up for osteoporosis (with a diagnosis)	21,00
EKG – precordial	30,00
Special blockade	30,00
Intraarticular injection	20,00
Giving intra venous injection i.m., s.c. after doctor's order	20,00
Setting the intra venous infusion after doctor's order	30,00
Giving inter muscular injection i.m., s.c. (own medicines)	8,00
Giving inter muscular injection i.m., s.c.	15,00
Inhalation with medicines and ionised water	8,00
Blood pressure measuring	4,00
Eye & ear drops intake	6,00
Small intervention	10,00
Bandaging (medium) (plaster, suture removal)	5,00
Bandaging (large)	18,00
Immobilization of one extremity	12,00
Nurse's visit in room – daytime	17,00
Nurse's visit in room – at night	20,00
Medical care – partial	35,00
Medical care –24 hour	55,00
Help in daily activities – simple	9,00
Help in daily activities – complex	12,00
Shaving and taking care of patients' appearance	6,00
Wheelchair rent per day	6,00
1 prescription	5,00
Medical certificate issue	15,00
<b>ACUPUNCTURE WITH NEEDLES OR LASER ACUPUNCTURE</b>	<b>PRICE in EUR</b>
Acupuncture – first	30,00
Acupuncture – further	25,00
Acupuncture for pregnant women – first	25,00
Acupuncture for pregnant women – further	20,00



<b>ULTRASOUND TESTS</b>	<b>PRICE in EUR</b>
Abdominal ultrasound	55,00
Neck veins ultrasound	70,00
<b>Ultrasound diagnostics of abdomen</b>	<b>30,00</b>
Ultrasound of the urinary tract (kidney, bladder, prostate)	50,00
Ultrasound of the bladder after micturition	45,00
Ultrasound of the abdomen and the prostate and post-void residual volume test	55,00
Breast, abdominal and neck ultrasound with axillas	75,00
Breast and abdominal ultrasound with axillas	60,00
Testicular and scrotal ultrasound	42,00
Breast ultrasound with axillas	40,00
Ultrasound of inguinal regions	42,00
Breast and neck ultrasound with axillas	55,00
Neck and thyroid ultrasound	48,00
Soft tissue ultrasound (muscles, hard thickenings in the subdermal area, lymph nodes – armpit, inguinal, Achilles tendon)	42,00
Shoulder ultrasound	55,00
Comparative ultrasound of two joints	60,00
Ultrasound of other joints	40,00
<b>BASIC LABORATORY</b>	<b>PRICE in EUR</b>
Taking blood samples	10,00
Hemogram	20,00
Blood analysis (hemoglobin, erythrocytes, leukocytes, CRP)	8,00
Blood analysis - stick-analysis (cholesterol, triglyceride, blood sugar)	6,00
Lipid profile (cholesterol, HDL, LDL, triglyceride)	30,00
Complete liver function tests (bilirubin, transaminases, GGT)	30,00
Thyroid hormones (TSH, T3, T4)	25,00
Female sex hormones (FSH, LH, prolactin, estradiol, progesterone, testosterone)	70,00
Urine sediment examination	8,00
Albumen and other stick-analyses, individual	6,00
Phrotrombine - time	30,00
<b>KINEZOTHERAPY</b>	<b>PRICE in EUR</b>
Individual physical therapy	17,00
Physical therapy treatment (till 30 min.)	30,00
Physical therapy treatment (50 min.) using various devices (shock wave, K laser...) and manual techniques (myofascial trigger points, Cyriac, manipulation of fascia...)	50,00
Specialist consultation with a physical therapist (20 min.)	20,00
Neuro-Developmental Treatment/Bobath (60 min.)	40,00
Therapeutic treatment of scars (20 min.)	15,00
Manual physiotherapy treatment for the spine • 5 x physiotherapy session (30 min) • 5 x thermal water bath (30 min) • 5 x Inter X (30 min)	260,00
Back pain relief packages: 1. lower back pain 2. back pain 3. pain in the knee hip 4. rheumatic diseases	80,00 / per package 20 % DISCOUNT 64,00
Kinesio taping	15,00
Joint flexibility measurements	12,00



Physical therapy treatment – small package (twice daily, 6 days)	Regular price: 192,00 Special discount: 189,00
Physical therapy treatment – medium package (three times daily, 8 days)	Regular price: 376,00 Special discount: 349,00
Physical therapy treatment – large package (four times daily, 8 days)	Regular price: 616,00 Special discount: 399,00
Manual testing of muscle strength	15,00
Passive therapeutic exercise for dynamic strength (Kinetec or Artromot, 30 min.)	15,00
Individual stretching in room (30 min.)	35,00
School of walking	15,00
Group exercises for strengthening the muscles in lower pelvic area or for spinal column (25 min.)	10,00
Sensamove Therapy Cushion	10,00
Muscle and inner tension relaxation exercises (TRE 60 min.)	35,00
Whole body deep relaxation – group exercise (20 min.)	5,00
Whole body deep relaxation – group exercise (20 min.) – package of 5 services	20,00
Additional offer:	
DIH program (includes overnight stay):	
DIH - extra charge	30,00
DIH - extra charge B	30,00
DIH - extra charge C	85,00
DIH without overnight stay	188,00
Bown's therapy (45 min. – 60 min.) This is a unique manual vibrational technique used for physical and energy stimulation of the body, enabling faster regeneration and easing of pain	45,00
Bown's therapy for babies A gentle therapy used to ease discomfort in babies, such as colic, reflux or other digestion problems and teething pain	12,00
Bown's therapy + Medi taping	55,00

CENTRE FOR PREVENTION AND CONSERVATIVE TREATMENT OF URINARY INCONTINENCE	PRICE in EUR
Professional examination and evaluation of muscle activity of pelvic area muscles and learning methods within the conservative treatment the problems associated with urinary incontinence	45,00
FMC (functional magnetic chair)	20,00
FMC (functional magnetic chair) package of 5 services	80,00
Periform + electrode - electrical stimulation device for pelvic floor muscles that can also be used for strengthening the pelvic floor muscle at home	35,00
Pelvic floor muscle training with biofeedback	18,00

A CLINIC FOR COMPREHENSIVE LYMPHEDEMA TREATMENT	PRICE in EUR
Comprehensive physiotherapeutic lymphedema treatment (45 min.)	48,00
Bandaging (Bandages are not included in the price. Bandages and bandaging are only free of charge if using the treatment package.)	5,00
Maxi programme of comprehensive lymphedema treatment 2x size measurement, 10x comprehensive lymph drainage (45 min), 10x compression exercises (15 min), 10x bandaging, 1x bandages	480,00
Mini programme of comprehensive lymphedema treatment 2x size measurement, 5x comprehensive lymph drainage (45 min), 5x compression exercises (15 min), 5x bandaging, 1x bandages	230,00



<b>PHYSIOTHERAPY HYDROKINESIOTHERAPY</b>	<b>PRICE in EUR</b>
Exercises in Hubbard's bath tub (20 min.)	28,00
<b>ELECTROTHERAPY</b>	<b>PRICE in EUR</b>
Shock wave therapy (up to 20 min)	40,00
K laser	20,00
Ultrasound	15,00
Electrotherapy	15,00
Inter X	15,00
Magnetotherapy	15,00
Bioptron light therapy	15,00
Bioptron colour therapy	25,00
Thermotherapy (thermopack)	10,00
Hilotherm cooling (20 min)	10,00
Galvanic bath	15,00
<b>MECHANOTHERAPY</b>	<b>PRICE in EUR</b>
Hypobaric therapy (intermittent vein's massage)	
- partial (one extremity)	17,00
- complete	27,00
Stretching spine in the neck part (neck traction) or in the loin part (loin traction)	12,00
<b>WORKING THERAPY</b>	<b>PRICE in EUR</b>
Individual working therapy (30 min.)	30,00
Consultation with an occupational therapist (20 min.)	20,00
Working therapy in room	35,00
Schumann chair	10,00
Working therapy with Motomed device (20 min.)	10,00
<b>MASSAGES</b>	<b>PRICE in EUR</b>
Shiatsu massage – complete (50 min.)	50,00
Japanese massage for restoring the organism balance.	
Shiatsu massage – partial (30 min.)	40,00
Therapeutic lymphatic drainage (30 min.)	40,00
A gentle type of drainage for swelling elimination, wound healing progress and pain palliation.	
Therapeutic lymphatic drainage (15 min.)	25,00
Reflex foot massage (30 min.)	30,00
Reflex spot massage for stimulating activity of inner organs as well as the whole body.	
Therapeutic manual massage – partial (15 min.)	20,00
* Surcharge: therapeutic manual massage – partial, upon presentation of work order	13,00
Therapeutic manual massage (30 min.)	32,00
Therapeutic manual massage (50 min.)	40,00
Massage for releasing the whole body tension and improving the spine flexibility.	



PACKS and BATHS	PRICE in EUR
Pack (fango or moor-mud)	
- Partial (one place)	15,00
- Medium (two places)	25,00
Arm packs (fango, moor-mud, paraffin)	15,00
Thermal bath with peloid (mud or from pond) (20 min)	19,00
Bath in thermal water - 1 person (20 min.)	15,00
Herbal bath – 1 person (20 min.)	18,00

#### INFORMATION AND RESERVATION

##### Reception of medical centre:

T: +386 3 78 08 140; F: +386 3 78 08 146

E: zdravstvo@terme-dobrna.si; http://www.terme-dobrna.si

##### OPENING HOURS:

- Monday – Friday from 07.00 to 20.00
- Saturday from 07.00 to 19.00

**We reserve the right to change prices and sales conditions.  
Price list is valid from 07/01/2019. Prices are in EUR and include VAT.**

