



Medifit HCB

Therapy and rehabilitation centers
Spain - Costa Blanca

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Welcome!

Welcome to Medifit HCB, Dutch-oriented therapy and rehabilitation centers in Dénia, Moraira, Teulada, and Benidorm (Alicante, Spain). Medifit is an Independent Treatment Center (ZBC), offering primary therapy, outpatient, and inpatient rehabilitation. Since 2009, Medifit HCB has provided therapy and rehabilitation in sunny Spain for patients across Europe.

Thanks to our collaboration with the leading international hospital group Hospital Clínica Benidorm (HCB), Medifit offers various rehabilitation programs that can be combined with surgery. If approved by your insurer, rehabilitation may be fully or partially reimbursed by your Dutch insurer. Surgeries are usually fully covered.

“Your rehabilitation fully taken care of”

In 2010, the Dutch air bridge began. This means that patients in the Netherlands are offered rehabilitation in Spain. If you have a rehabilitation indication from a rehabilitation physician, we can submit an application to your Dutch health insurer. Whether your rehabilitation is reimbursed and to what extent depends on the medical advisor's assessment. Medifit supports you in handling the administrative procedures.





Mission of Medifit – HCB Group

Providing quality patient-centered medical care. Continuously improving rehabilitation in combination with possible surgical interventions, supported by research and international conferences.

Our Vision

To be the leading international rehabilitation center in Europe, constantly improving treatment quality and care.

Our Values

- Personal care
- Human-centered healthcare
- High-tech technology
- Modern facilities
- Ongoing training
- Investment in medical research

Rehabilitation at a rehabilitation centerum

How Rehabilitation at Medifit HCB Works

Step 1 – Diagnosis

You need an intake consultation with a rehabilitation physician who issues a rehabilitation referral. To have this intake covered by insurance, your GP or specialist must refer you.

Step 2 – Costs

Medifit HCB is a private center, but has agreements with many Dutch insurers. If covered in the Netherlands, it will also be covered in Spain. Did you know that rehabilitation can be fully or partially covered under the basic insurance package?

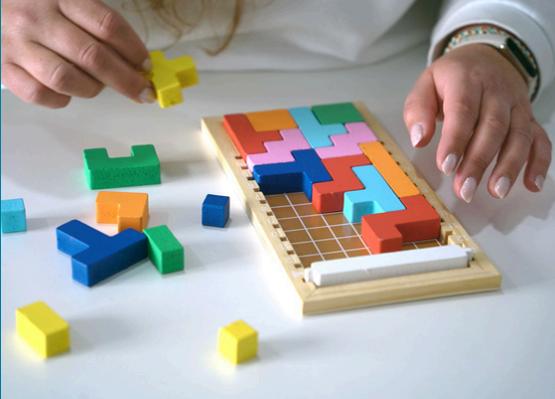
Step 3 – Preparations

We arrange for you:

- Application to insurer
- Transfer from airport to the center
- Personal support and financial assistance

Step 4 – Rehabilitation Program

On your first day, you meet with a rehabilitation physician and/or case manager to discuss the treatment plan with the team. Rehabilitation usually starts the same day. The program is regularly evaluated and adapted.



Facilities and Services

Our rehabilitation centre has a range of facilities and amenities.

In addition to modern communal areas, consultation and treatment rooms, there are various exercise rooms, and the Denia location has an indoor swimming pool as well as an outdoor pool. You can also count on daily nursing care if necessary and we have all kinds of aids. When you stay with us, you can also use our transport and shopping service for a fee. And would you like to explore the beautiful surroundings during your stay? For a partner, companion or if you are able to drive yourself, we can help you rent a car. In addition, there is a free excursion every 2 weeks that you can register for. During your stay, we will do everything we can to make you as comfortable as possible.

This way, you can fully concentrate on your rehabilitation and recovery.

Post Concussion Syndrome (PCS)

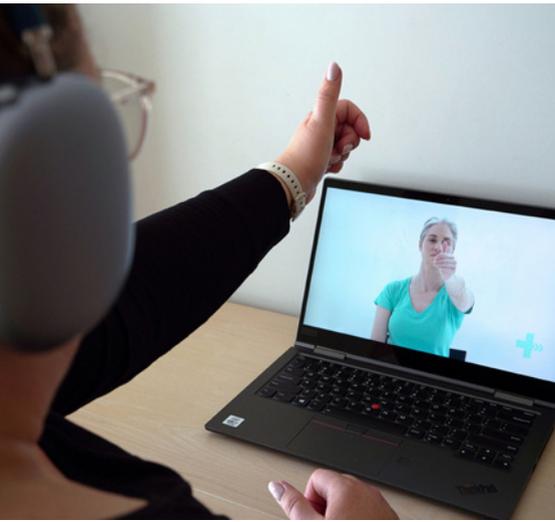
Our rehabilitation program for persistent post-concussion symptoms is based on the Canadian model and supported by research.

Before arriving at our location, you will receive an online consultation with a psychologist/psychotherapist and a dietitian. This is to help you and us prepare for your 6-week stay in Spain.

The first week is mainly focused on assessments. The causes and intensity of your symptoms are identified. These assessments are spread over multiple days, as reactions can influence the results of subsequent tests if done too quickly. Based on the test results, a personalized treatment plan is created and continuously adjusted through regular re-evaluations.

"Fully individualized adapted exercises"

You will be prepared during your stay and after returning home with 3 months of online guidance through consultations and a personalized exercise program via an app. The exercises are fully tailored to your current situation and regularly updated.





MS rehabilitation

The MEDIFIT MS and post-HSCT rehabilitation program is designed for those seeking an intensive, individualized program tailored to your wishes and capabilities. During your stay, you'll receive 3 to 4 hours of daily treatment. The therapy includes physiotherapy, neuromodulation, psychology, cognitive therapy, strength training, functional exercise therapy, dietetics, occupational therapy, nursing care (if needed), hydrotherapy in the heated indoor pool, and more.

The exact content of the program depends on the results of your intake assessment with our specialists. Medifit treats many MS patients who have undergone HSCT. With years of experience treating MS patients post-HSCT, Medifit is the only clinic in Europe specialized in this patient group. The combination of HSCT and our intensive rehabilitation program almost always yields excellent results.

Our rehabilitation is not focused on "learning to cope with it". During the rehabilitation process, the program is continually adapted to your current capabilities in order to achieve the best results. At the end of your rehabilitation, you will receive a complete report of the entire treatment, including recommendations for continuing care at home.

Orthopedic Rehabilitation

Hip and Knee

The hip and knee program is intended for you if you need a hip or knee prosthesis.

We offer a transport service you can use for a fee. We can pick you up from Alicante or Valencia airport and take you to HCB Denia hospital, where the surgery will take place. You'll stay there for 3–4 days, after which you'll move to our rehabilitation center in Denia, just 2 km from the hospital. During these three weeks, you will stay in a comfortable, spacious private room with a separate bedroom and bathroom, equipped with all conveniences.

The rehabilitation consists of 1.5 to 2 hours of daily therapy (Monday to Friday), including physiotherapy and exercise therapy. At the end of your stay, we can arrange transport back to Alicante or Valencia airport for an additional fee.

Often, you'll be able to walk without crutches after just four weeks. You will receive a full report of the entire rehabilitation process, including recommendations for further treatment, so you can continue your exercises at home without any issues.





Rug

The back unit at Medifit HCB consists of a team of renowned doctors, specialists, and therapists equipped with the most modern technology. We offer you an appropriate treatment for your specific condition. Your case is reviewed in a multidisciplinary manner and we discuss the possible options with you.

If surgery is required, it will be performed using the most advanced techniques at HCB Hospital. This ensures minimal structural damage so that recovery is as fast as possible. HCB is Spain's leading hospital group for introducing new technologies from General Electric, Zimmer, STORZ, and Braun Aesculap.

“Medifit HCB is equipped with the latest technologies”

Our rehabilitation program begins with an extensive evaluation that includes a consultation, functional movement tests, and physical computer-assisted diagnostics. Based on this data, a multidisciplinary rehabilitation plan is developed.

Specialized equipment helps safely and effectively improve mobility, strength, and back coordination. Combined with guidance from specialists, this comprehensive rehabilitation approach ensures the fastest possible recovery.

Neurology

The neurological rehabilitation concept is a specialized program for individuals experiencing complaints due to a stroke, brain hemorrhage, brain tumor, cerebrovascular accident (CVA), or another acquired brain injury (ABI). We offer a modern, individualized, and effective approach with excellent medical care.

This concept is unique in Europe due to the close collaboration between our neurological therapy team and specialists such as neurologists, cardiologists, psychologists, and rehabilitation physicians.

“Our internationally recognized method has proven to result in the fastest possible recovery from neurological complaints. If you choose to rehabilitate with us, you can be sure that you’ll get the most out of yourself!”





Heart

The cardiac rehabilitation program is suitable for a wide range of heart conditions. We follow a scientifically proven and European-recognized program in which you rehabilitate using state-of-the-art equipment and specially trained therapists. The therapists work under the supervision of a cardiologist, and you train under continuous heart monitoring. This ensures that you can safely work on your recovery from illness or surgery.

This may be after a heart attack, angioplasty or bypass surgery, internal defibrillator implantation, angina pectoris, or heart failure.

After a consultation with a cardiologist – including a full check-up, ECG, and ergometry test – rehabilitation begins. It includes fully monitored and controlled exercise sessions, relaxation therapy, and breathing techniques. To help prevent future heart problems, the dietitian provides lifestyle advice tailored to your needs. Heart issues often have a significant impact on the whole family, which is why our psychologist prefers to see and assess the patient together with their partner.

Lungs

Pulmonary rehabilitation is more than just training. At HCB Medifit, the goal of pulmonary rehabilitation is to improve quality of life by tailoring treatment to the problems you are experiencing. This means the treatment is highly individualized and can focus on aspects such as: physical fitness, strength, breathing, daily activities, but also your nutritional status and social circumstances.

The pulmonary rehabilitation program helps you perform daily activities more easily. Examples include walking, climbing stairs, and doing household chores. You will learn how to distribute your energy efficiently throughout your daily routine.

COPD is often accompanied by poor nutritional status. This is improved through personalized nutritional advice provided by a dietitian. As a result, you will feel fitter and have more energy.

Any emotional or behavioral challenges are also addressed with a psychologist.





Contact

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

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