In 1977 Prof. Sergio Mantia, MD, Orthopedist and Physiatrist, decided to open a Physiokinesitherapy Centre in Palermo, his hometown, and his three sons, Roberto, Fabrizio and Marcello joined him after their studies. In the 90s the Centre enlarged and was accredited at the Sicilian Region. The present location, Via De Spuches, started in 2003 and is now under the direction of the three Mantia brothers in collaboration with a relevant number of doctors and physiotherapists. As a support and integration of rehabilitation activities the Centro Medico Mantia has developed a section of scientific research and health care activities through multi-specialty clinics. In 2007 the “Research Department” started up to give a scientific support to the rehabilitative therapies and draw up rehabilitation protocols based on scientific evidence. The results of research activities have been published in the main medical-scientific papers and presented in international congresses.

At present the Centro Medico Mantia has developed collaboration relationships and agreements with Universities and research centres. Furthermore thanks to the advancement rehabilitation activities and innovation methods the Rehabilitation Centre has changed into a DIAGNOSIS and PERSONAL CARE oriented Institute. Finally in 2013 a new multispecialistic Centre was created under the name of Istituto di Ricerca e Cura Sergio Mantia in the same site.

THE STRUCTURE
The Mantia Group consists of two clinics: The Centro Medico Mantia has got a seat of 1500 sq.m., divided in private and national health service sections. It is equipped with large waiting rooms, four gyms, a rehabilitation pool, pools for the vascular hot-cold treatment, a number of rooms for therapies and medical examinations and a new area equipped for the Wellness Medicine.

The Istituto di Ricerca e Cura Sergio Mantia has got a well equipped seat of 200 sq.m, next to the Centro Medico Mantia where the specialist medical clinics and the Research Department are located.

HISTORY OF THE GROUP
Neuroromotor Rehabilitation

It is a service for patients suffering from persistent and/or developmental disability due to nervous system injuries. It includes Physiatrist assessment, rehabilitation plan and rehabilitation treatment.

The Mantia Group provides services of physiokinesitherapy both privately and in accordance with the Regional Health Service. It offers outpatient Rehabilitation in respect of the multidisciplinary protocols and personalized approaches to ensure the best quality service to patients.

Ortopedic Examination

It has the purpose to carry out the diagnosis, treatment and cure of the motor apparatus due to:
- traumas (fracture, sprain, muscle and tendon injury, dislocation, etc.)
- degeneration (arthrosis, arthrosis, etc.)
- growth (scoliosis, flat foot, dysmetria, etc.)

Paramount importance is to be given to innovative treatments carried out by the Mantia Group, such as ultrasound guided injections, regenerative therapies and the newest physiotherapist treatments.

At the Mantia Group any diagnosis may be integrated with specialist instrument tests (scan, electromyographic test, eco-color-doppler, densitometry, posture and gait analysis) and by consulting specialists of other related branches (Physiatry, Neurology, Neurophysiology, Angiology, Osteopathy, Food Science).

Other specialist tests, as CT scan, MRI, X-rays if necessary, may take place at qualified centres through direct booking from the Mantia Group.

Physiatric Examination

It has the purpose to carry out the diagnosis, therapy and rehabilitation of disabilities as a consequence of:
- Inflammatory or post-surgery joint diseases
- Spine pathologies (neck pain, low back pain, sciatric pain)
- Neurologic diseases (Central and Peripheral nervous system)

After the specialist examination and the necessary tests (X-ray, scan, CT scan, MRI, etc) the doctor analyses whether a rehabilitation treatment is necessary and defines a suitable plan.

Orthopedic Rehabilitation

The instrumental equipment and the physiotherapists at the Centro Medico Mantia allow therapeutic plans in the following areas:
- Post-surgery rehabilitation (knee, shoulder, hip, etc.)
- Trauma rehabilitation (fractures, bruises, sprains, spine traumas, etc.)
- Arthritis rehabilitation
- Scoliosis and parapromphism rehabilitation
- Posture treatment (Mezilees, Souchard, McKenzie, Individualized posture training, Bienfai myofascial techniques).

Sport Rehabilitation

It is addressed to professional and non-professional sports people, starting from prevention and safe sport. Besides the most known rehabilitation techniques the Mantia Group provides a Movement analysis Laboratory that allows athletes to significantly reduce the risk of accidents through innovative tests and the use of the latest devices.

Physical and Motor Therapies

- TECAR therapy
- NDYAG / HILT Power Laser
- CO2 Laser
- Cryo-magnetic therapy
- Cryo therapy
- Hyperthermia
- Pressure therapy
- Radartherapy
- Biofeedback
- Athletic Rehabilitation
- Alternative Kinesitherapy

- Functional Rehabilitation
- Therapy Master Kinesitherapy
- Personalized and group postural training
- Personalized low impact exercises
- Muscle strengthening circuit through elastic resistance and isokinetics machines
- Spinal traction
- Hydrotherapy / Hydrokinesitherapy
- Water gym
- Vascular treatment
- Watsu
- Massage therapy (lymphatic drainage, reflexogenic, district, relaxant, connective)
HYDROKINESISTHERAPY
It is a therapy based on motions in water and it is useful to do exercises of partial or total body weight unloading that would be difficult to be done outside the water. Particularly recommended in the initial stages of any rehabilitative post surgery plans may be associated to other rehabilitation treatments.

It is advisable for
- Orthopedic disorders
- Neurologic diseases
- Ostheoarthritis
- Vascular system pathologies
- Algodystrophies

During the water rehabilitation sessions patients are constantly assisted by highly qualified physiotherapists in a comfortable environment complying with safety measures.
The pool (6 x 6m) is provided with all the equipment necessary to carry out the rehabilitation properly and suitable to the patients’ comfort especially to the disabled.
The water temperature, 33°C, makes it possible a comfortable sitting position and facilitates relaxation techniques such as Watsu (water shiatsu).
The vascular pathologies are cured in pools where alternating cold and hot water is supplied.
As for hydrokinesitherapy treatments the level of the water is only 1.25 mt (suitable also to patients who can’t swim) and flotation supports are provided to allow patients to be at their own ease in the pool.

WELLNESS MEDICINE
Health means not only absence of deseases and disabilities but also a state of thorough physical, mental and social well-being. The wellness medicine is based on this principle and includes services for people who want to be fit, resolve temporary discomforts, prevent or slow the biological body aging.
The Mantia Group therapeutic approach to wellness is multidisciplinary thanks to a team of medical doctors specialized in various areas (orthopedics, physiatry, dermatology, aesthetics, angiology, nutrition) and physiotherapists that work together in the diagnosis, cure and prevention of the most common musculoskeletal, postural, vascular and lymphatic disorders and of their subsequent blemishes/imperfections.
The patient can enter the clinic only after a check up, necessary to plan a personalized program of treatments suitable to solve problems and reach the goals.

WELLNESS TREATMENTS
- Lymphodrainage and antiaging TECARtherapy (face, abdomen, upper and lower limbs)
- Shockwaves
- Ozone therapy
- Lympho drainage massage
- Deep connective massage
- Sports therapeutic massage
- Personalized postural treatment (Core Stability)
- Personalized hydrokinesistherapy
- Athletic Rehabilitation
- Watsu treatment in hot water pool (33°C)
DIAGNOSTICS AND ULTRASOUND GUIDED INJECTIONS

The Mantia Group medical staff has been using methodologic protocols for mini-invasive ultrasound interventions in the orthopedic and rheumatologic area for over ten years. Such procedures allow a greater therapeutic precision and a reduction of risks if compared to the traditional injections.

Injections can be used in the treatment of bone and joint diseases such as arthrosis and arthritis, joint algodystrophies, tenosynovitis and bursitis.

Very often such diseases are the cause of hip, knee and shoulder pains and particularly in the elderly they may cause disability and social isolation.

ULTRASOUND GUIDED INJECTIONS ARE ADDRESSED TO

- Young and adult people for musculoskeletal diseases
- Athletes and amatorial sports people for tendon, muscle and/or joint disorders
- Elderly for degenerative-arthritic conditions

The ultrasound guide may also be used for the aspiration of post injury or post trauma muscle haemathomas, especially in people practising sports.

The therapy has the advantage of speed and safety in the procedure as well as in the results, due to the quick resolution of pain symptoms.

ULTRASOUND GUIDED INJECTIONS ARE ADDRESSED TO

- Young and adult people for musculoskeletal diseases
- Athletes and amatorial sports people for tendon, muscle and/or joint disorders
- Elderly for degenerative-arthritic conditions

REGENERATION MEDICINE

(PLATELET GEL)

We have often heard of stem cells and growth factors in orthopedic, sports and rehabilitation pathologies. The growth factor is a group of molecules that accelerate the repair and regeneration of tissues affected by injury (tendons, muscles, cartilages).

Platelets are very rich of it and can be used to help the injured tissues to regenerate rapidly, if injected directly.

For years the Mantia Group has been carrying out successfully injections of platelet Rich Plasma for the treatment of:

- Arthritis of large joints (hip, knee, shoulder)
- Muscle injuries
- Tendon and cartilages injuries

In 2012 the Centro Medico Mantia has started a project of experimental development whose title is MANVEDI - Development of a new rehabilitation methodology for the prevention and treatment of pathologies from posture and/or motion disorders, which has been funded according to the “Asse IV, Obiettivo Operativo 4.1.1, Linea d’Intervento 4.1.1.2 – PO FESR 2007/2013 Regione Sicilia”.

Thanks to this project the Centro Medico Mantia has been able to start a new methodology to reduce the number of chronic-degenerative diseases, creating a diagnostic process able to detect any disturbances of posture and movement and then develop a therapeutic approach aiming at the prevention of the disease worsening.

Through specific tests such a methodology allows to identify in the patients the degenerative disease before the symptoms become clear and so to develop a rehabilitation plan (Physiotherapy exercises and where necessary regenerative medicine) aiming at recovering the correct posture and movement of the joints affected. This new treatment protocol developed through the MANVEDI project associates regenerative medicine to rehabilitation techniques, enhancing the beneficial effects in terms of prevention and treatment.

The technique is based on a product derived from the patient’s blood, which is drawn and

- centrifuged to obtain the PR.P.
- injected through ultrasound directly in the spot of muscle, tendon and/or joint injury

The treatment, which reported very positive results, is carried out at the Mantia Group and has no particular side effects: as a matter of fact platelets are produced by the patient’s body and the injection is performed under ultrasound guidance.

Regenerative medicine prevents from surgery, reduces the healing and recovery time and allows the patient to resume everyday activities quickly.

FURTHER DIAGNOSTICS

- SCAN: musculoskeletal, upper and lower abdomen, thyroid, salivary glands, urinary tract
- ELASTOSONOGRAPHY
- Ultrasound doppler: epiaortic vessels, upper and lower limbs
- Bone densitometry
- Neurophysiology: Electroneurography (ENG) and Electromyography (EMG/ SFEMG and repetitive stimulation); reflexological methods (Blink-reflex and pelvic reflexology), Electroencephalography (EEG), Visual Evoked (VEP), acoustic (PEA) and somatosensory (SSEP) Potentials
- MRI with or without contrast medium: brain, back and joints*
- CAT with or without contrast*
- DENTALSCAN*

* C/O qualified partners’ clinics

A NEW PROJECT OF EXPERIMENTAL DEVELOPMENT

MANVEDI

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EXTRACORPOREAL SHOCKWAVE THERAPY (ESWT)

ESWT is one of the latest and most effective non-invasive treatments for the treatment of musculoskeletal diseases. The Mantia Group has introduced first in Palermo this therapy, healing successfully over the past ten years several diseases of the joints and tendons. The treatment is carried out with a device that transfers high-energy waves in the body tissues to stimulate the healing processes. The shock wave therapy can be used in depth to reach the bone or muscle, or on the surface to accelerate the process of vascularization and healing.

Pathologies that may be treated within the musculo-skeletal system:
- Calcific and non calcific (periartitis) tendinitis of the shoulder
- Lateral Epicondylitis (tennis elbow) and Medial Epicondylitis
- Groin pain
- Knee’s Tendinopathy
- Achilles’ Tendinopathy
- Plantar Fasciitis (heel pain and calcaneal spurs)
- Muscle strains (in sports)
- Pseudoarthrosis
- Delays in bone healing
- Bone necrosis
- Algodystrophies

Benefits of shock wave therapy: reduction of pain, restoration of function, reduction of skin problems, lymphatic drainage, no anesthesia required, non-pharmacologic treatment, easy tolerability, no side effect.

OZONE THERAPY AND SPINAL MEDICINE

It is possible to have access to ozone therapy and spinal medicine clinic (where spine diseases treatments take place) after a physiatrist or orthopedic visit. The following disciplines are involved in the treatments:

POSTUROLOGY
Posturology is a discipline capable of facing different medical cases with the purpose of eliminating or reducing pain through instrumental and examination diagnosis. After defining the critical areas a protocol for postural treatment is drawn up. It consists of a series of exercises specifically designed to maintain/improve the mobility and elasticity of the spine and large joints, key areas of our body on which the wellness and the efficiency of the whole body may depend. Thanks to the study of posture and to personalized exercises the patient can be assisted in a path to autonomy.

SPINAL MEDICINE
A diagnosis and treatment of intervertebral minor defects caused by vertebral joint blocks giving a symptom of spinal pain due to disc pathology in progress. This discipline includes specialized manipulative techniques on the spine.

Further uses:
- Orthopedics/Surgery: large calcification in the shoulder, heel pain, trigger points, insertion tendinopathy, acupuncture without needles
- Dermatology Aesthetic and Reconstructive Plastic Surgery: skin ulcers, cellulite treatment and skin scars
- Urology: chronic pelvic pain syndrome (CPPS), induratio penis plastica (IPP) and trigger point therapy

Benefits of shock wave therapy:
- Reduction of pain, restoration of function, reduction of skin problems, lymphatic drainage, no anesthesia required, non-pharmacologic treatment, easy tolerability, no side effect.

Benefits of ozone therapy:
- Reduction in pain, functional restoration, reduction of skin imperfections, no anesthesia required, no side effects (the use of oxygen-ozone does not cause allergies), no contraindications.

The Mantia Group first introduced in Palermo this medical practice based on a mixture of oxygen and ozone administered at the intervertebral disc level, seat of disk herniation, through intramuscular injections. This therapy dehydrates the slipped disc, reducing it in size and solving the underlying nerve root pain, cause of the pain symptoms.

The Ozone therapy has an anti-inflammatory, analgesic and osteoinductive action due to the natural elimination of substances mediators of pain and inflammation through the injection of the mixture.

PATHOLOGIES THAT MAY BE TREATED WITH OZONE THERAPY
- Herniated disc
- Hip and knee arthrosis
- Outcomes of osteoporotic vertebral collapses
- Carpal tunnel and tarsal tunnel syndromes
- Morton Neuromia
- Painful lipodystrophies

FURTHER APPLICATIONS
- Aesthetic Dermatology: cellulitis
- Vascular pathologies: lymphatic drainage and treatment of small vascular ectasia

Benefits of ozone therapy:
- Reduction in pain, functional restoration, reduction of skin imperfections, no anesthesia required, no side effects (the use of oxygen-ozone does not cause allergies), no contraindications.
**POSTURE CLINIC AND ANALYSIS OF MOVEMENT**

The latest clinical researches have recognized the importance of correct posture, essential for the psychological wellness of the human being. Good posture is that state of muscular and skeletal balance which protects the supporting structures of the body from an injury or progressive deformity. An inadequate arch support or altered dental occlusion, can bring changes in posture and gait, which in healthy subjects lead to tensions and muscle and joint pain, while in the neurological patient worsen the general conditions increasing instability and potentially the risk of falling.

There are many anatomical components affecting postural axis: analysis of the step, position of the spine, position of the temporomandibular joints, visual apparatus, acoustic apparatus. In order to identify the postural anomalies, to plan personalized programs of rehabilitation and evaluate the final results, thanks to a multidisciplinary team and specific equipment, the Mantia Group has developed a path that includes the following tests:

- **POSTURE ANALYSIS:** The test shows the postural disorders, allows to plan a personalized rehabilitation and verify the results of a rehabilitation treatment. The step analysis is performed through visual biofeedback treadmill (GAIT TRAINER), the assessment of the balance is carried out through a stabilization platform, the test of mandibular symmetry through wireless motion sensors (g-WALK) and electromyographic wireless sensors (FREE-EMG 300).

- **ANALYSIS OF MOVEMENT AND POSTURE:** The test shows alterations of gait pattern, integrating the posture analysis above described with the gait analysis, performed through wireless motion sensors (G-WALK) and electromyographic wireless sensors (FREE-EMG 300).

- **SIMPLE WALKING ANALYSIS:** The test assesses the physiological parameters of the walking and the pelvis kinematics. It is carried out through wireless motion sensors (G-WALK).

- **ANALYSIS OF MOVEMENT IN NEUROLOGICAL DISEASES:** The test quantifies the patient’s neurological deficit by analyzing movement and balance and allows to assess the progress achieved after personalized rehabilitation treatment.

- **TEST FOR THE ASSESSMENT OF TMJ DYSFUNCTION:** This test verifies the correct temporomandibular joint functioning and is also useful as an evaluation tool of the correct placement of orthodontic devices.

**Postural tests are addressed to people of all ages:**
- Children and adolescents to prevent the onset of musculoskeletal dysmophisms
- Athletes to improve sports performance
- Elderly to prevent the risk of falls
- Neuropsychiatric patients (eg Parkinson disease) to slow the progression of the disease, improve the patient’s quality of life and where possible reduce the intake of drugs.

**CLINIC OF RESEARCH AND TREATMENT OF FILUM TERMINALE DISEASES (FIBROMYALGIA, ARNOLD CHIARI SYNDROME, SYRINGOMYELIA AND SCOLIOSIS)**

The patient often has to face extremely annoying symptoms relating to the psycho – physical area, and is not able to trace back the real cause that generates them. The support of pain-killers relieves pain for a few hours, but it certainly does not lead to a solution.

- Headache, neck pain, low back pain, back pain, decreased strength and sensitivity in the upper and/or lower limbs, chronic fatigue, muscle cramps, dizziness, intolerance to heat or cold, mood disorders, depression, sleep disorders, urinary disorders, mental confusion, nausea, if not resolved can compromise the quality of life. These symptoms may in some cases be generated by the medullary traction syndrome caused by the excessive traction of the filum terminale.

The Mantia Group Research Department has been able to find out a method to diagnose the pathology of the filum terminale, putting it in relation to other diseases (fibromyalgia, Arnold Chiari syndrome, syringomyelia and scoliosis). Such discovery has been one of the most important achievements of the Mantia Group, which is today the only Italian Reference Centre for the diagnosis of the “filum terminale” pathology and its relation with other associated syndromes.

**THE CLINICAL AND DIAGNOSTIC PATH OF FILUM TERMINALE DISEASE INCLUDES:**
- Neuropsychiatric visit (history and clinical examination)
- Complete Xray spine
- Cervical and lumbar rachis nuclear magnetic resonance
- Analysis of movement and posture

After the diagnosis, if the pathology of the filum is likely to be confirmed, the patient may undergo a simple, mini-invasive surgical correction which stops the progression of the pathology and significantly reduces its symptoms.

The Mantia group collaborates with Prof. Miguel Royo Salvador, Director of the Institute Chiari, Syringomyelia and Scoliosis and father of the aforementioned surgical technique in Barcelona, Spain. A specific post surgery rehabilitation protocol can lead to a rapid recovery of the patient. If the patient cannot be subjected to surgical correction, the pathology can be monitored with regular checks and specific rehabilitation protocols may be applied to relieve the symptoms.

**A SITE FOR FIBROMYALGIA**

The Mantia Group has created a website specifically dedicated to the correlation between the filum terminale pathology and Fibromyalgia. For further information please visit [www.fibromialgiafilumterminale.com](http://www.fibromialgiafilumterminale.com).
DERMATOLOGY, VENEREOLOGY AND DERMOPLASTICS

The Dermatology, Venereology and dermoplastics clinic treats diseases of the skin and skin appendages (hair and nails) and sexually transmitted diseases. The treatments described below can be administered at the clinic.

VIDEODERMOSCOPY
A non-invasive diagnosis used for the prevention of skin cancer. The visit allows to keep under control skin moles, evaluating the microscopic features and any changes over time. The clinic is equipped with a modern videodermoscopy. An annual inspection of moles at least is recommended, preferably to be carried out before sun exposure.

CryoTherapy
A therapeutic technique, which by using liquid nitrogen at very low temperatures, causes a burn due to freezing. It is used to treat various diseases with no need of anesthesia: common warts, molluscum contagiosum, actinic keratosis, seborrheic keratosis, pendulous fibroid, small angiomas and small xanthelasmas, senile lentigo, etc.

Ozone Therapy
A specialist technique based on the injection into the mesoderm of a mixture of oxygen and ozone. It is used to treat pathologies such as pancreulopathies (cellulitis), lymphedema due to stasis in the lower limbs, peripheral vascular diseases, ulcerative lesions of the skin, etc.

DERMATOPLASTIC OR AESTHETIC MEDICINE
Specialized outpatient treatments for the prevention and cure of aging skin and imperfections of the body. Ozone therapy, Shockwaves, Chemical Peeling, Biostimulation with hyaluronic acid, Fillers, intense pulsed light, Botulinum toxin, Manual lymph drainage, Tecar lymph drainage, Hydrokinesitherapy and vascular paths, Postural and core stability training

IPL (INTENSE PULSED LIGHT)
A highly sophisticated medical device used for the treatment of certain skin diseases such as acne (active phase), couperose, rosacea, small angiomas, etc. In aesthetic medicine pulsed light is used after consultation with a dermatologist, for facial, hand, décolleté skin rejuvenation and face and body hair removal.

SUPPORT CLINICS
The multidisciplinary approach of the Mantia Group has allowed the creation of clinics to support the rehabilitation, in order to offer the patient, when necessary, a consultation that includes various branches of medicine. The Mantia Medical Centre provides services in NUTRITION, SPEECH THERAPY, OSTEOPATHY AND ANGIOLOGY clinics.

The rehabilitation service provided by the Centro Medico Mantia in agreement with the Regional Health Service includes physiatric visits and rehabilitation plans as described below.

PR1 DISABILITIES RESULTING FROM POST-ACUTE AND CHRONIC DISORDERS OF THE CENTRAL NERVOUS SYSTEM.

PR2 DISABILITIES RESULTING FROM POST-ACUTE AND CHRONIC DISEASES OF THE CENTRAL NERVOUS SYSTEM.

PR3 DISABILITIES RESULTING FROM POST-ACUTE AND CHRONIC DISORDERS OF THE PERIPHERAL NERVOUS SYSTEM.

PR4 DISABILITIES RESULTING FROM POST-ACUTE AND CHRONIC DISEASES OF THE PERIPHERAL NERVOUS SYSTEM.

PR5 DISABILITIES RESULTING FROM POST-TRAUMATIC AND INFLAMMATORY OSTEOARTICULAR DISEASES.

PR6 DISABILITIES RESULTING FROM DEGENERATIVE OSTEOARTICULAR DISEASES.

PR7 DISABILITIES DERIVING FROM SEVERE BURNS AND SURGERY OR DEMOLITION SURGERY.

PR8 DISABILITIES RESULTING FROM INTERNAL MEDICINE (ANGIO/CARDIOLOGICAL/ RESPIRATORY/BLADDER RELATED) DISEASES.

PR9 PARAMORPHISMS AND DYSMORPHISMS OF THE DEVELOPMENTAL AGE.

THERAPIES UNDER AGREEMENT S.S.R.

• FUNCTIONAL REHABILITATION
• F.N.F.
• PROPRIOCEPTIVE EXERCISES
• MANUAL REHABILITATION OF ARTICULAR ADHESIONS
• WALKING EXERCISE TRAINING
• SETTING OF ORTHOTIC DEVICES
• MOBILIZATION OF THE SPINE
• JOINT MOBILIZATION
• GROUP THERAPY
• POSTURAL EXERCISES
• BREATHTHING EXERCISES
• ELONGATION
• NEUROMOTOR REHABILITATION, OCCUPATIONAL THERAPY
• MASSAGE THERAPY FOR LYMPHATIC DRAINAGE (ONLY FOR ONCOLOGICAL DISEASES)
• COMBINED PHYSICAL THERAPY (DIADYNAMICS, ELECTROSTIMULATIONS, ELECTROThERAPY, FARADIC TREATMENT, INFRARED, IR LASER, MAGNETOTHERAPY, MECHANOTHERAPY, ULTRASOUNDS)
AGREEMENTS

The Mantia Group has made agreements with integrative direct health care assistance funds and with some centers, associations and sports clubs. For more information visit www.centromedicomantia.it

THE MANTIA GROUP IN THE WEB

Centro Medico Mantia www.centromedicomantia.it
Istituto di Ricerca e Cura Sergio Mantia www.ircsergiomantia.it
Also on Facebook and Twitter