

Paliesius clinic stands for;
*specialized, evidence-based, holistic and
patient-centered treatment by exercise therapy.*

Specialized

Exercise therapy as treatment is unique due to the ability to affect many biological and physiological systems simultaneously. Exercise therapy also minimizes risk factors for a number of diseases.

Evidence based

Over 30 different states of illness – both physical and mental disorders – can be treated with physical activity. This includes heart and vessel issues, hypertension, diabetes, cancer, asthma, obesity, depression, stress syndromes and dementia.

Holistic

Treatment at Paliesius clinic has a holistic approach in all treatment. Paliesius clinic is situated at Paliesius mansion that has a rich cultural environment. Paliesius mansion is host for weekly activities and concerts with performers from around the world. Cultural and practical activities is an important part of treatment at Paliesius clinic.

Patient centered

Treatment at Paliesius clinic is highly individualized and carried out in 3 main steps



Establishment of a patient's clinical profile and testing of reaction to physical activity to ensure a safe and effective exercise therapy recipe.



Implementation and monitoring of the physical exercise program at Paliesius mansion. The recipe is carried out under guidance of doctor and physiotherapist during a week at Paliesius mansion, to ensure clinical safety and positive individual health response.



Post-program monitoring and follow up. After the program the patient get individual recommendations and a plan for further actions. The plan includes a individual physical exercise recipe, diet recommendations and expected outcome.

Our programs include, among others:

Burnout and stress

Exercise is the most effective treatment for stress related problems and can increase your stress tolerance.



Getting treatment and lasting strategies for burnout and stress syndrome is important already at minor symptoms. Early or preventive treatment of stress related conditions will significantly reduce the impact of stress related problems.

The condition of stress and fatigue is a risk-factor for a number of other diseases, like acute myocardial infarction, heart disease, gastrointestinal disorders, common colds and infections among others.

Chronic heart failure

Research has shown that exercise clearly improves function in patients with heart failure and is an important part in treatment.



For all patients with heart issues it is important that all prescribed physical activity is individualized and monitored, for safe and effective treatment.

Heart failure is usually multifactorial in its origin and always gives lowered physical performance capacity.

Hypertension (high blood pressure)

High blood pressure is the most important risk factor for cardiovascular disease and mortality you can influence.



Even a single session with physical activity will lower your blood pressure, so-called post-exercise hypotension. But with individualized physical exercise therapy a lasting effect on the high blood pressure is seen.