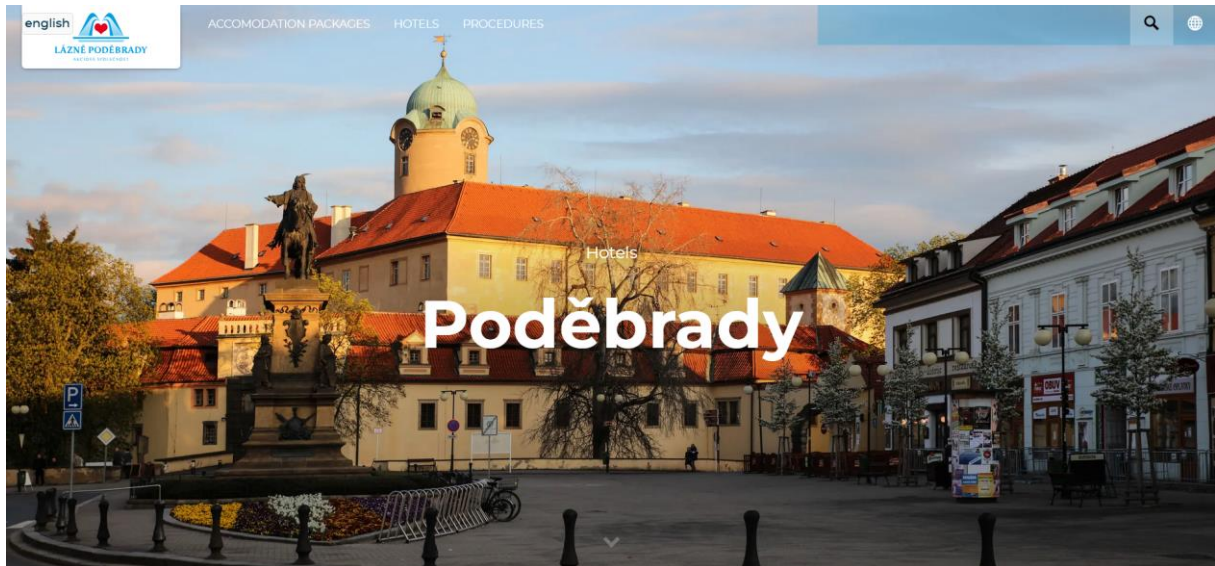


## Poděbrady: History and Guide from the Train Station to the Castle

Poděbrady is a historic spa town **located** in the Central Bohemian Region, about 50 kilometers east of Prague. The town's history dates back to the 12th century when the first fortress was built on the site of today's castle. Poděbrady is famous for its healing mineral water, which is used to treat heart and vascular diseases.



### Route from the Train Station to the Castle:

#### Train Station

Poděbrady has a beautiful functionalist railway station building, constructed in 1926. The arrival of the railway caused the town's development and accelerated tourism, especially due to the discovery of mineral springs. The train station is an ideal starting point for our tour, you will enjoy a pleasant walk to the castle along the spa colonnade.



Poděbrady has a beautiful station building built in 1926, the author is Vojtěch Krch and the building represents a steam locomotive, inside there are windows with the theme of the city – king George of Poděbrady.

#### Spa Colonnade

The colonnade is the heart of Poděbrady. Its construction began in the early 20th century, following the discovery of a healing spring known as "Poděbradka." This discovery

significantly changed the character of the town, turning it into a spa resort. The spa park and colonnade have since become the center of relaxation and therapeutic treatments.



Poděbrady is particularly known as a spa for cardiovascular diseases, thanks to the quality of its local mineral springs, especially the Poděbradka spring, which was discovered in 1905 while searching for drinking water. Since then, the spa has flourished, attracting visitors from all over the country and abroad. The colonnade is lined with lovely cafés, shops, and fountains.

**Boček of Poděbrady Spring:** In the spa park, you can taste mineral water directly from this spring.



## Fountains and Smaller Sculptural Elements

The park is also home to various smaller sculptural elements and fountains, which add to the overall aesthetic of the spa area. These artistic features are not always attributed to specific authors but are a decorative part of the park's architecture, enhancing the harmony of the space.

## Sculptures in the Spa Park

The sculptures in Poděbrady's spa park are significant artistic elements that reference the town's spa history and cultural life. Several sculptures by different artists can be found throughout the park, each depicting various historical or artistic themes.



### **Statue of T. G. Masaryk**

One of the prominent statues in the park is a statue of **Tomáš Garrigue Masaryk**, the first president of Czechoslovakia. This statue was created by **Otakar Španiel**, a leading Czech sculptor from the early 20th century. The statue honors Masaryk, who had a strong connection to Poděbrady, as he came here for spa treatments several times.

### **Statue of Milan Šamánek**

Doctor Šamánek is a famous Czech cardiologist and a long-time member of the management of our spa. **Professor Šamánek made a discovery of world importance** - he found a direct link between lung function and blood circulation in the small pulmonary circuit. Professor Šamánek promoted the establishment of the Children's Cardiac Centre in Motol in 1977. The Cardiac Centre brought together treatment of congenital heart defects from all over Czechoslovakia and increased the average chance of survival of a child with a heart defect from 90% to 99%. This approach was unique in its time and served as a model around the world under the name "Czech School". In 1997 he founded the Scientific Council of the Poděbrady Spa, in 2004 he established the Early Rehabilitation Centre at the G-REX Hotel, which provides care to patients just days after heart surgery. In 2013 he expanded the spa care in Poděbrady to include orthopaedics. In 2016 he received the Neuron Prize for his scientific work.

### **Sculptures Along the Colonnade**

As you walk through the park, you'll notice other sculptures placed along the colonnade and park paths. These sculptures are mostly works by modern Czech sculptors and were created throughout the 20th century. The most common themes include allegories of nature, health, and tranquility, reflecting the spirit of the spa town.

## The centre of Colonade: Flower Clock at Libensky Hotel



**Chariclea** Spa in Poděbrady – our stay for the excursion and **G-Rex** Hotel has an early rehabilitation care unit.

During our walk, you will also encounter a statue of **King George of Poděbrady**, a notable Czech king from the 15th century, who was born right here in Poděbrady. George of Poděbrady is renowned for his efforts to establish a European peace union and was one of the few non-Catholic kings of Europe.



## Statue of George of Poděbrady

One of the town's most famous sculptures is the statue of **King George of Poděbrady**, located on the main square near the park. This statue was made by sculptor **Bohuslav Schnirch** in 1896.

George is depicted in full armor as a symbol of Czech national pride and as an advocate for peace.

## Poděbrady Castle

Poděbrady Castle, our final destination, stands on the site of a former 12th-century fortress. In the 14th century, it was rebuilt as a Gothic castle, and in the 18th century, it underwent Baroque renovation. The castle is closely associated with **George of Poděbrady**, who was born here in 1420 and later became an important Czech king.

Today, the castle houses several institutions, including the **Polabské Museum** and the **Ludvík Kuba Gallery**. Visitors can admire not only the historic architecture but also exhibitions dedicated to the region's history and King George himself.



## George of Poděbrady

was the only Czech king who did not come from a dynasty, but from the common population. He was the king of our country (the lands of the Bohemian Crown) from his election in 1458 until 1469 and then until his death in 1471. He was called the 'Hussite king' or 'king of the double people'. He fought for peaceful coexistence between the Calixtinite majority and the Catholic minority of the nation. He created a proposal for a peaceful organization of European monarchs, to be imagined as the present European Union. He was several centuries ahead of his time. George of Poděbrady's peace efforts were listed as the event of pan-European significance by UNESCO in 1964.

Based on the idea of United Nations - 28 hearts were created in the courtyard of the castle - Each heart represents the character of a country.



## History of Spa Poděbrady

Doctor **Milan Šamánek** is a famous Czech cardiologist and a long-time member of the management of our spa. Professor Šamánek made a discovery of world importance - he found a direct link between lung function and blood circulation in the small pulmonary circuit. Professor Šamánek promoted the establishment of the Children's Cardiac Centre in Motol in 1977. The Cardiac Centre brought together treatment of congenital heart defects from all over Czechoslovakia and increased the average chance of survival of a child with a heart defect from 90% to 99%. This approach was unique in its time and served as a model around the world under the name "Czech School". In 1997 he founded the Scientific Council of the Poděbrady Spa, in 2004 he established the Early Rehabilitation Centre at the G-REX Hotel, which provides care to patients just days after heart surgery. In 2013 he expanded the spa care in Poděbrady to include orthopaedics. In 2016 he received the Neuron Prize for his scientific work.

## Spa Management

1. Patient ask the general practitioner for a spa treatment in acute state after the surgery or in chronic state 3-6months after a surgery.
2. The recommendation for spa treatment is based on a medical report, as recommended by a specialist (cardiologist, orthopaedic surgeon, diabetologist, etc.).
3. The proposal for treatment is assessed by the revision doctor of the health insurance company. The patients take the spa treatment during the sick leave.
4. The insurance company inform directly the spa.

## 3 groups of spa payment:

Comprehensive – the entire treatment is covered by insurance,  
Contributory – patient pays for room, treatment is covered by insurance  
Self-pay spa – patients pay for all

## Indication list: For adults and children

- cardiovascular diseases
- diseases from metabolic and endocrine disorders
- diseases of the musculoskeletal system

 <b>INDIKAČNÍ SEZNAM pro lázeňskou léčebně rehabilitační péči o děti a dorost</b> (dětí od 2 do 6 let s doprovodem, dorost do 18 let) Dětská léčebna Dr. Filipa • Nám. T. G. Masaryka 482/II, 290 33 Poděbrady • tel. 325 612 666, 325 613 965				
Císlo indikace	Indikace	ZÁKLADNÍ léčebný pobyt - forma: K - ošetrovací doba pro základní léčebný pobyt - lhůta pro nástup léčebného pobytu - možnost prodloužení	OPAKOVANÝ léčebný pobyt - forma: K - délka léčebného pobytu - léčebné pobyty	Ošetřující lékař, který péči doporučuje
<b>NEMOCI ONKOLOGICKÉ</b>				
XXI/1	Zhoubné nádory bez známek recidivy nebo diseminace.	K 28 dnů, do 24 měsíců po ukončení komplexní protinádorové léčby. Možnost prodloužení.		Onkolog a další specialista.
<b>NEMOCI OBĚHOVÉHO ÚSTROJÍ</b>				
XXII/1	Vrozené vady a získané vady srdce a velkých cév po operaci. Stav po transplantaci srdce.	K 28 dnů Možnost prodloužení.	K 28 dnů, hemodynamické reziduální vady	Dětský kardiolog, kardiochirurg, rehabilitační lékař.
XXII/2	Systémové revmatické a jiné kolagenní onemocnění s postižením oběhového aparátu i kloubní formy.	K 28 dnů Možnost prodloužení.	K 28 dnů, 1x za 24 měsíců, při recidivě v návaznosti na ukončení akutní fáze i dříve	PLDD, dětský lékař, dětský revmatolog, rehabilitační lékař.
XXII/3	Juvenilní hypertenze.	K 28 dnů Možnost prodloužení.	K 28 dnů, 1x za 12 měsíců	PLDD, dětský kardiolog, dětský lékař, rehabilitační lékař.
XXII/4	Prognosticky závažné rizikové faktory (dyslipidemie/kombinace dalších rizikových faktorů: arteriální hypertenze, obezita, genetická zátěž).	K 28 dnů Možnost prodloužení.		PLDD, dětský lékař, diabetolog a endokrinolog, rehabilitační lékař.
<b>NEMOCI A PORUCHY VÝMĚNY LÁTKOVÉ A ŽLÁZ S VNITŘNÍ SEKREČÍ A OBEZITA</b>				
XXIV/1	Diabetes mellitus.	K 28 dnů Možnost prodloužení.	K 28 dnů, 1x za 12 měsíců	PLDD, dětský lékař, diabetolog a endokrinolog, rehabilitační lékař.
XXIV/2	Obezita spojená s dalšími rizikovými faktory.	K 28 dnů Možnost prodloužení.	K 28 dnů, 3x za 36 měsíců od začátku základního pobytu	PLDD, dětský lékař, diabetolog a endokrinolog, rehabilitační lékař.
<b>NEMOCI NERVOVÉ</b>				
XXVI/1	Syndrom periferního motorického neuronu jakékoliv etiologie.	K 28 dnů Možnost prodloužení.	K 28 dnů	PLDD, dětský lékař, dětský neurolog, rehabilitační lékař.
XXVI/5	Kořenové syndromy vertebrogenního původu.	K 28 dnů Možnost prodloužení.	K 28 dnů, při recidivě onemocnění	PLDD, dětský lékař, dětský neurolog, rehabilitační lékař.
<b>NEMOCI POHYBOVÉHO ÚSTROJÍ</b>				
XXVII/1	Juvenilní chronická artritida. Jiná chronická revmatická onemocnění kloubů a páteře.	K 28 dnů Možnost prodloužení.	K 28 dnů	PLDD, dětský lékař, dětský revmatolog, rehabilitační lékař nebo revmatolog.
XXVII/3	Stavy po úrazech a ortopedických operacích při poruše motorických funkcí.	K 28 dnů, do 36 měsíců po úrazu nebo operaci. Možnost prodloužení.	K 28 dnů, do 36 měsíců po operaci nebo úrazu, maximálně 3x	Dětský chirurg, ortoped, rehabilitační lékař nebo traumatolog.
XXVII/6	Morbus Scheuermann.	K 28 dnů Možnost prodloužení.		Ortoped nebo rehabilitační lékař.
XXVII/7	Vertebrogenní algický syndrom.	K 28 dnů Možnost prodloužení.	K 28 dnů, při recidivě	Dětský neurolog, neurolog, ortoped nebo rehabilitační lékař.

**Vysvětlivky:** K – komplexní lázeňská léčebně rehabilitační péče

## Spa Poděbrady facilities

### Early Rehabilitation Care Unit for cardiology

The unit offers **comprehensive spa and rehabilitation care** after :

- Valve surgery
- aortocoronary bypass surgery
- aortic surgery
- surgery for cardiac arrhythmias and other cardiac surgery

The key point of this cardiac rehabilitation treatment is its **timeliness**, i.e. immediate follow-up to the cardiac surgery. It is a more beneficial treatment for the health than staying several months home. Spa Poděbrady cooperates closely with major Czech cardiac surgery clinics on this programme:

- IKEM
- Hospital Na Homolce
- FN Královské Vinohrady
- General University Hospital in Prague

- Motol University Hospital
- FN Hradec Králové and others.

### **Czech Cardiological Society recommends this treatment plan:**

- Patient is transferred from the cardiac intensive care unit (usually on day 5-10 after surgery).
- Examination of the patient by a physician includes ECG examination and spirometry (examination of the lungs and bronchi by rapid expiration into a machine), the ultrasound examination of the heart (ECHO) and necessary laboratory tests.
- The patient stays the first days (1-3 days) in an intensive care unit – with possibility of monitoring basic vital signs - heart rate, blood pressure and ECG.



- Physiotherapy applies physical activity as breathing exercises, low-impact exercises, physical activities as group exercises, walking with heart rate and blood pressure monitoring under the supervision of a specially trained physiotherapists for early postoperative rehabilitation.
- After a few days there is the stress test (exercise bike test with ECG monitoring or walking test) and determination of a training load level. The load gradually increases according to the patient's condition and tolerance.
- Physiotherapists add back massage, electrotherapy and care of surgical scars (due to back pain and pain in the scar area after cardiac surgery). The scar healing is accelerated with biopton lamp and regular scar care.
- Inhalation treatment helps to cure breathing difficulties.
- Traditional spa treatment - balneotherapy helps to improve the overall condition of the patient and also helps with relaxation.

### **Benefits of early rehabilitation in Poděbrady**

Based on the experience, supported by statistical data in the following areas:

- **1. Reduction of recovery time after cardiac surgery**



The recovery period can be significantly shortened by appropriately selected rehabilitation treatment and the time depends on the patient preoperative condition and disability.

- **2. Prevention and treatment of postoperative complications**

Most complications are minor due to the prevention. The most common include heart rhythm disturbances, blood pressure fluctuations, breathing difficulties, pleural and pericardial effusions, painful conditions and impaired scar healing. Spa can solve the majority of these complications (rarely, the patient need to be transferred back to the hospital).

- **3. Consistent treatment focused on prevention**

During spa stay, patients are informed about the disease and diet regime, they are motivated not to smoke. We adjust the treatment and dietary regimen in diabetic patients to achieve optimal glycaemic values. We adjust the treatment of high blood pressure. We try to establish an optimal diet and exercise regime and further set a trend towards weight reduction.

- **4. Establishment of psychological balance**

Staying in a medical facility with immediate consultation and resolution of difficulties gives patients the necessary sense of confidence to successfully manage the challenging post-operative period.



### **Early Rehabilitation Care Unit for orthopaedics**

The orthopaedic rehabilitation centre was established in 2013 in cooperation with the Orthopaedic and Traumatology Clinic Královské Vinohrady, University Hospital in Prague.

The centre provides a spa-treatment-rehabilitation care after musculoskeletal surgeries especially the artificial joint replacements (hip, knee or other). Early post-operative spa rehabilitation programme starts immediately after the surgical procedure, so called direct bed-

to-bed transfer. It is usually on the 7th to 10th day after surgery and it is fully covered by public health insurance. The second large group are patients after spine injuries or after spondylosurgical procedures (after so-called "disc surgery"). These patients start the spa treatment usually 3-6 months after the surgery.

After an initial medical examination, an individual rehabilitation plan is set up for each patient, which is adapted to the patient's overall health and condition. The physiotherapy should improve the range of mobility of the operated joint, relieving pain, strengthening weakened muscle groups, correcting muscle imbalance, improving the locomotor stereotype - i.e. improving walking, achieving independence and self-sufficiency in self-care, improving overall physical condition, but last but not least, improving the patient's psychological condition. The aim of spa care is to accelerate the patient's return to normal life and work. 700 patients are treated here annually!!!

Physiotherapy provides individual and group kinesiotherapy, as well as exercises in the water –hydrokinesiotherapy (water makes movement easier), electro therapy, cryotherapy and so on. To increase the mobility of the joints, the stationary bike and a continuous passive motion machine is used. In balneology, whirlpool baths of the upper and lower limbs and especially carbonic baths are used.



## **Mineral water Poděbradka**

Poděbradka is a natural mineral water and a unique natural healing source of the spa. Poděbradka is used for healing in beneficial carbonic baths.

**Physical - chemical parameters:** Water type: HCO<sub>3</sub><sup>-</sup>- Na - Ca

- Temperature: 13,9 °C
- pH 5.83
- Asthmatic pressure 202,8 kPa
- Free carbon dioxide 2200 mg/l

**Most significant cations and anions present:**

- Sodium 522.00 mg/l

- Calcium 242,20 mg/l
- Magnesium 95.63 mg/l
- Potassium 69,45 mg/l
- Chloride 463.00 mg/l
- Sulphate 84,31 mg/l
- Carbonate 1899,00 mg/l

## Balneology

**Carbonic baths** - the bath in natural mineral water “Podebradka” has positive healing effect. Carbon dioxide is absorbed by the skin, increases its blood circulation and has a positive effect on the activity of the heart.

**Carbonic bath** - the bath is provided in a special double-jacketed bath, the inner bath is filled with boiling hot steam, the upper bath is filled with mineral water. The total temperature of the bath is 33-34 degrees - hypothermic. The patient is only allowed to lie down in the bath with staff present, they lie in the water, the first sensation is cold water for 1 minute, the CO<sub>2</sub> sticks to the hairs of the skin and the body lacks oxygen - the reaction is dilation of blood vessels and hyperemia. Subsequently the patient is already warm in the bath. After the bath, the patient is red, wrapped in a wrap and resting!



**Whirpool baths** - is a bath using the pressure of water forming bubbles, which then have a massaging effect. The bath is warm (35-37 degrees) and has significant relaxing effects. Oils can be added to promote relaxation.