Reflexotherapy.

•Acupuncture
• Superficial multi-needle reflexology
• Warming with wormwood and charcoal cigars
• Hirudo-reflexology
• Vacuum exposure
• Injection reflexology
• Craniopuncture
•Acupressure
• Auricular reflexology (ear acupuncture)
• Post-isometric relaxation
• Application reflexology
• Kinesiotherapy
• Acupuncture diagnostics

Reflexology methods are used for:

• Treatment of various pain syndromes in the spine, joints and headaches;
• lesions of the nervous system;
• consequences of acute vascular disorders and injuries;
• sleep disturbances and anxiety;
• diseases of the gastrointestinal tract and respiratory system;
• solving male and female issues and many other diseases.

Acupuncture is the effect on the body for therapeutic or prophylactic purposes with special needles introduced into specific areas of the skin (acupuncture points). Surface multi-needle reflexology is one of the ancient Eastern methods based on irritating the receptor apparatus of the skin by applying a special multi-needle hammer. The stimulation zones and the degree of irritation are determined individually.
Micro-acupuncture is a method of reflexology, the essence of which is the prolonged effect on acupuncture points by introducing micro needles for up to 5-7 days.

Superficial multi-needle reflexology is one of the ancient eastern methods, based on irritation of the receptor apparatus of the skin by exposure to a special multi-needle hammer. The stimulation zones and the degree of irritation are determined individually.

Hirudotherapy.
Medical leech therapy is an ancient method that has been successfully applied today. Leech saliva contains hirudin, a highly specific thrombin inhibitor, as well as more than 100 biologically active compounds. They have thrombolytic, hypotensive, immunostimulating, anti-inflammatory, analgesic, regenerative effects; improve capillary blood flow and intracellular metabolism. Hirudotherapy is contraindicated in case of coagulation disorders and other blood pathologies, and during pregnancy. Treatment should be carried out in a medical institution, in compliance with all standards for patient management. Equally important is the quality of the leeches themselves.
In the reflexology room of the KFU Clinic, sterile medical leeches grown in a biofactory are used with all permits.