

PHYSICAL REHABILITATION

PORTUGAL

Making sure your health comes first



MedicalPort

MEDICAL SOLUTIONS ABROAD



Fisiogaspar Sports Centre (Lisbon)

Rehabilitation programs for musculoskeletal problems and sports' injuries made available by Medical Port are performed by Fisiogaspar centre, in Lisbon, Portugal.

Physiotherapy

Sports Medicine

Hydrotherapy

Fisiogaspar was founded and is led by António Gaspar, the physiotherapist of the Football National A-Team since May 2000, and a reference in Portugal and abroad.

This expert has been responsible for rehabilitation treatments of athletes such as Cristiano Ronaldo, Pepe and Luis Figo. He also collaborates with athletes of various football clubs located outside of Portugal, including Chelsea, Manchester, Tottenham Hotspur Football Club, Fulham or Everton.

Fisiogaspar integrates a plurality of professionals with recognized curricula in the field, allowing for programs and treatments to be always delivered by qualified and trained physiotherapists, under the guidance of Mr Gaspar.

Fisiogaspar's professionals use the latest physiotherapy treatments and techniques and the most advanced physiotherapy equipment. Fisiogaspar's facilities have up to 2300 square meters, which include: a physiotherapy unit (includes a hydrotherapy pool with 75 square meters), a medical spa, a gym, and a clinic.

Some of the evaluations and treatments performed at Fisiogaspar:

- Physiotherapy
- Respiratory therapy
- Paediatric respiratory therapy
- Supersole insoles
- Functional bandages
- Hydrotherapy
- Biofeedback



Whether it's the consequence of a sports injury, a bad fall, or a work accident, physical medicine and rehabilitation also benefit from the Portuguese sunny weather.



Quick facts about Portugal:

- Nearly 30% of the population is fluent in English. In the healthcare sector, professionals are fluent in English, French, Spanish, and Portuguese;
- Portugal has around 4 physicians/1000 inhabitants;
- There are roughly 36000 hospital beds available;
- Internationally recognized physicians and researchers like PhD Carlos Caldas, PhD António Damásio, PhD Fausto Pinto, PhD João Lobo Antunes, PhD João Espregueira Mendes;
- Internationally recognized organizations such as Champalimaud Foundation, Gulbenkian Institute of Science, Neuroscience and Biology Centre, Molecular Medicine Institute;
- The country ranked number 11 out of 162 in the 2015 Global Peace Index;
- Portugal was recognized as the 5th best country in the Quality of Life Index 2015 by Internations. Additionally, it ranked 3rd for Health, Safety and Well-being.

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Your partner for physical rehabilitation

Medical Port is a medical travel facilitator, dedicated to providing access to adequate medical care for those coming from abroad, gathering Portugal's health care resources, and the country's renowned hospitality on behalf of medical travellers, whilst paying attention to the details that assure their well-being.

Specialist services

- Access to adequate and efficient medical care in private providers in Portugal;
- Pre-assessment of the customer's health care information and eligibility, with identification of supplementary care needed for a safer medical treatment;
- Safeguarded transfer of information between the customer and the health care provider;
- Access to accommodation, traveling and leisure activities;
- Integral, quick and transparent management of the customer's medical travel experience, including planning and coordination of medical acts with the stay, plus booking of all services required;
- An unique point of contact during the medical travel experience for all the services awarded;
- A Customer Care Specialist to escort the customer and facilitate all contacts;
- A Customer Care Agent and a Support Line for transmission of information and discussion of doubts and questions;
- A detailed medical care plan and proposal, adapted to the patient's requirements.

Health care provided ranges from consultations and exams, to non-surgical and surgical treatments from all medical specialties. Most commonly requested medical acts relate to:

- Orthopaedics
- Physical rehabilitation
- General surgery
- Neurological disorders
- Radiotherapy
- Check-ups
- Excess weight and obesity
- Dental care
- Sports medicine
- Plastic surgery
- Psychology
- Medically assisted reproduction
- Assisted living
- Dermo-cosmetic

Providers in our network include:

- JCI accredited private general hospitals in Lisbon, Oporto and the Algarve;
- Radiotherapy clinic, in Oporto;
- Neurological campus, near Lisbon;
- Physical rehabilitation units in Lisbon and Oporto;
- Sports medicine centres, in Lisbon and Oporto;
- Psychology centres, in Lisbon, Oporto and Algarve;
- Assisted living facility, near Lisbon.



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