



# Institute for Complementary Practices

## Fact Sheets

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### Kozijavkin Method

The Kozijavkin Method (also known as the Intensive Neurophysiological Rehabilitations System) was developed by Professor Volodymyr Kozijavkin, MD in the late 1980s. It was first introduced and is still practiced mainly in the Truskavets, Ukraine. The Kozijavkin Method involves a combination of massage therapy, unlocking of the spinal column, music therapy, joint therapy, reflex therapy, bee sting therapy, and gymnastics as a treatment for various forms of cerebral palsy and other ailments involving the spinal column. Its main goal is to improve the quality of life and mobility of its patients. Currently, the ELITA Rehabilitation Centre in Truskavets, Ukraine treats children, adolescents, and adults from Eastern and Western Europe, as well as the United States. The staff is comprised of 25 physicians and 47 physiotherapists. The treatment has become so popular that the center currently welcomes two charter flights of 150 people a month from Western Europe. Parents of children with cerebral palsy in the United States have been seeking treatment under the Kozijavkin Method in combination with the use of other therapies, such as Adeli Suit therapy and Conductive Education. The implications of combining these therapies are unknown.

#### **FREQUENTLY ASKED QUESTIONS:**

##### **What is the Kozijavkin Method?**

The Kozijavkin Method is a combination therapies given intensively at the ELITA Rehabilitation Centre in Truskavets, Ukraine. The therapy involves an individualized regimen of polysegmental biomechanical correction of the spinal column, massage therapy, music therapy, joint therapy, reflex therapy, bee sting therapy, and gymnastics. The overall goal of the method is to help the patient achieve normal patterns of body posture and movement in order to achieve a better quality of life.

##### **What is the Kozijavkin Method used to treat?**

The Kozijavkin Method is used to treat spastic, dystonic, and atactic cerebral palsy, as well as patients with spinal column problems acquired after trauma. Treatment for these patients must wait until at least six months after the trauma. It can also be used to treat a variety of other spinal column complaints, migraine headaches, and bronchial asthma.

##### **How does the Kozijavkin Method work?**

Before therapy begins, the patient receives a thorough medical examination and a battery of diagnostic tests. Then a specific program is developed to meet the unique needs of the patient. The Kozijavkin Method uses a combination of therapies to encourage relaxation and lengthening of tightened muscles to promote more natural and freer movement the body. The primary therapy used is polysegmental biomechanical correction of the spinal column, which involves physical adjustments of various sections of the spine to encourage greater freedom of movement. The various treatments are intended to loosen tight joints and encourage increasing repertoires of movement while the body is relaxed and to improve blood circulation and thus the general health of internal organs.

##### **Do insurance providers pay for the Kozijavkin Method?**

Treatment using the Kozijavkin Method is still only available in the Ukraine and is not covered by insurance.

### **What do bee sting and beeswax therapy involve and why are they used?**

Bee poison has a local effect and improves circulation of the blood and metabolism, and stimulates hormone production and the immune system throughout the body. During bee sting therapy, the sting is removed from the bee and put in the patient's skin where desired. Beeswax is used in hot compresses applied daily to various parts of the body. It has a similar effect as the bee poison, but not as strong.

### **What does a typical day of treatment involve?**

A typical day of treatment starts with a full body massage and reflex therapy to prepare the patient's body for the other therapies. After this, the vertebral column is unlocked using a manual therapy developed by Dr. Kozijavkin. An individualized program of remedial gymnastics follows, including joint therapy. Play therapy is also provided to keep patient motivation high. Music therapy and bee sting and bee wax therapy may also be used.

### **Has there been any research on the effectiveness of the Kozijavkin method?**

The scientists who work at the Institute for Medical Rehabilitation regularly present their own research on the method at various conferences and symposiums throughout Europe. However, after a thorough search, no empirically validated research was found on this method.

### **Has the Kozijavkin method been effective in treating cerebral palsy?**

The belief behind the Kozijavkin method is that the problems resulting from cerebral palsy stem from disturbances in the central nervous system and blockage in the area of the vertebral column. The Institute for Medical Rehabilitation claims to have successfully treated over 10,000 patients. The Kozijavkin method is more effective on young children (starting as early as 6 months of age), but can be used with adolescents and adults.

### **How long does treatment with this method take and how much does it cost?**

Patients at the Institute for Medical Rehabilitation undergo 2 two week sessions of intensive therapy. These two sessions are separated by a 6-8 month rest period during which exercises are done at home to keep up the gains made during therapy. The Institute recommends yearly checkups after a course of treatment and claims that after six to eight months the body will likely be ready for another course of treatment. Information on the price of treatments was unavailable.

### **Are there any unwanted side effects?**

The Kozijavkin method claims not to have any unwanted side effects. Before using bee sting therapy, patients are tested to see if they are allergic to bee stings. Bee sting therapy is not used on patients who are allergic.

#### **Information adapted from:**

Kozijavkin, Vladimir. (1999) *The Intensive Neurophysiological Rehabilitation System: The Kozijavkin Method*. Lviv, Ukraine: Multi-M.

### **Helpful Links on the Kozijavkin Method:**

● <http://www.reha.lviv.ua/emain.html>: This link is for the Institute for Medical Rehabilitation, where the Kozijavkin Method is practiced. It is located in Truskavets, Ukraine. Address: Rehabilitation Center "Elita", Karpatska St.2, 82200, Truskavets, Ukraine, Tel.:00380324767040. E-mail:[center@reha.lviv.ua](mailto:center@reha.lviv.ua)

● <http://www16.brinkster.com/gotechguy/CristinaAndFriends/>: Cristina and Friends is an organization which serves parents of children with cerebral palsy seeking alternative treatment methods. To access testimonials from families who have used this method and information on making the trip to the Ukraine, email [candfriends@aol.com](mailto:candfriends@aol.com).

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