

Contraindications for General wellness program

1. Age over 70

2. **Cardiovascular diseases:** Rheumatic endomyocarditis in the active phase of the second or third degree of activity. Abramov-Fiedler Myocarditis of infectious and allergic nature and diseases similar to it in severity. Ischemic heart disease (*Acute myocardial infarction (less than 12 months after the rehabilitation period). Unstable angina (angina attacks under normal physical activity (III FC)) with circulatory deficiency in stage higher than 1 and with heart arrhythmia. Frequent attacks of stable angina and angina at rest (IV FC) or left ventricular failure (cardiac asthma).*

Circulatory deficiency in stage higher than IIA. Permanent and paroxysmal forms of atrial fibrillation with circulatory deficiency in stage IIA and higher, paroxysmal tachycardia, complete bundle branch block. Cardiomyopathy. Life-threatening heart arrhythmia (*polytopic, frequent (10-15 times per minute or more) premature ventricular contractions (grades 3-5 according to Lawn); paroxysmal atrial flutter and fibrillation; complete atrioventricular block, sick sinus syndrome with tachy-brady syndrome with heart rate less than 50 and more than 90 beats/min.*). Pacemaker insertion (*less than 12 months after surgery, it is required to consult a clinic's doctor by phone before booking a program*). Stage 3 hypertension, unresponsive to hypotensive therapy. Atherosclerotic encephalopathy with impaired mental adaptation to the environment. Atherosclerosis of the lower extremities with decompensation of peripheral blood circulation, trophic disorders. Thromboangiitis obliterans (endarteritis) with a tendency to spread, with a concomitant migratory thrombophlebitis and trophic disorders. Thromboembolic disease.

3. **Digestive system diseases:** All digestive system diseases in the acute phase. Acute hepatitis. Cirrhosis. Liver failure. All forms of jaundice.

4. **Nervous system diseases.** Nervous system diseases of infectious, vascular, traumatic, demyelinating nature in the acute period of the disease, as well as in any period in the presence of severe motor disorders (paralysis and deep paresis). Amyotrophic lateral sclerosis with prominent clinical features. Consequences of injuries and diseases of the spinal cord, injuries and diseases of the brain. Diseases of the nervous system, accompanied by mental disorders (psychosis, obsessive-compulsive disorders). Epilepsy and epileptic syndrome with various forms of seizures (more than 2 times per year).

5. **Musculoskeletal disorders:** Severe bone and joint damage.

6. **Respiratory diseases** All respiratory diseases, accompanied by the development of cardiopulmonary failure above in the stage higher than II. Bronchiectasis and chronic abscess. Chronic obstructive pulmonary disease and asthma requiring systemic glucocorticoids. Spontaneous pneumothorax. Hemoptysis. Pleural effusion.

7. **Kidney and urinary tract diseases.** Acute and chronic kidney diseases with signs of chronic renal failure with GFR less than 60ml/min, high arterial hypertension (exceeding 180 mm Hg). Macroscopic hematuria of any origin.

8. **Gynecological diseases:** Malignant neoplasms and assumptions of their presence. Surgery of female reproductive system less than 2 months ago. It is allowed to undergo a program after two months after surgery only if there is positive postoperative dynamics and clinical indications).
9. **Endocrine disorders and metabolic disorders:** Severe thyrotoxicosis, as well as with severe complications (thyrotoxic cardiac disease, etc.). Diabetes in decompensation stage with ketoacidosis, and symptoms of precomatose state.
10. **Diseases of the skin and subcutaneous tissue:** All skin diseases in the acute stage. Contagious skin diseases
11. **Diseases of blood and blood-forming organs:** All blood system diseases in the acute stage and the stage of exacerbation. Leukemia. Hodgkin's lymphoma. Hemophilia. T-cell lymphoma. Myeloma. Severe anemia.
12. **All forms of active tuberculosis.**
13. **Conditions after surgery (heart surgery less than 12 months ago, in other cases less than 2 months after surgery. It is allowed to undergo a program two months after surgery only if there is positive postoperative dynamics and clinical indicators. It is required to consult a clinic's doctor by phone before booking a program).**
14. **All venereal diseases in acute or contagious form.**
15. **Oncological diseases, oncological diseases in past medical history** (within 5 years after the end of the follow up period (after the treatment was provided).
16. **Pregnancy.**
17. **All diseases requiring inpatient care.**
18. **Mental illness.**
19. **Drug addiction.**
20. **Systemic and autoimmune diseases with apparent clinical manifestations** (*systemic lupus erythematosus, rheumatoid arthritis, systemic scleroderma, systemic vasculitis, Ankylosing spondylitis, others*).