

# Gimnastyka lecznicza w działalności zakładów gimnastycznych na ziemiach polskich przed 1914 r.

*Healing gymnastics in activity of gymnastic units on Polish land before 1914*

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## Streszczenie:

Początek zorganizowanych form gimnastyki leczniczej w Polsce związany jest z powstaniem zakładów gimnastycznych. Pierwsze tego rodzaju placówki powstały w Warszawie – Zakład Gimnastyczny Teodora Matthesa (1831), Krakowie – Szkoła Gimnastyczna Ludwika Bierkowskiego (1837), Poznaniu – Zakład Gimnastyczny Teofila Mateckiego (1840) oraz we Lwowie – Zakład Organopatyczny Teodora Bakody'ego (1856). W oparciu o wymienione zakłady ukształtowały się w Warszawie, Krakowie, Poznaniu i Lwowie pierwsze cztery ośrodki rozwoju gimnastyki leczniczej na ziemiach polskich. Działalność zakładów gimnastycznych miała znaczący wkład w późniejszy rozwój fizjoterapii i rehabilitacji medycznej w Polsce. Początkowo w zakładach stosowano gimnastykę leczniczą opartą na wzorach niemieckich, a w kolejnych latach wprowadzono szwedzki system gimnastyki P. H. Linga i metodę mechanoterapii G. Zandera. Właścicielami dziewiętnastowiecznych zakładów gimnastycznych w Polsce byli lekarze i pierwsi specjaliści w dziedzinie leczenia ruchem spoza świata lekarskiego – prekursorzy współczesnych fizjoterapeutów. W okresie tym powstały również pierwsze szkoły kształcące fizjoterapeutów w naszym kraju.

## Słowa kluczowe:

zakłady gimnastyczne, historia rehabilitacji, gimnastyka lecznicza, fizjoterapia.

## Abstract

*The beginning of organised forms of the healing gymnastics in Poland is connected with the formation of gymnastic units. The first institutions of that kind were formed in Warsaw – Matthesa Teodor Gymnastic Plant (1831), Cracow – Ludwik Bierkowski Gymnastic School (1837), Poznań – Teofil Matecki Gymnastic Plant (1840) and in Lvov – Organopatical Plant of Teodor Bakody (1856). On the base of listed units in Warsaw, Cracow, Poznań and Lvov were formed four first centres of the development of the healing gymnastics on Polish land. Activity of gymnastic units had a significant influence into the more late development of physiotherapy and the medical rehabilitation in Poland. At first healing gymnastics based on German patterns was applied in the plants, and in consecutive years was implemented a Swedish system of the gymnastics of P. H. Ling and method of the mechanotherapy of G. Zandera. The owners of 19th-century gymnastic plants In Poland were doctors and the first specialists in the field of the treatment with the move from outside of the medical world – precursors of contemporary physiotherapists. In this period were also formed the first schools educating physiotherapists in our country.*

## Key words:

*gymnastic plants, history of the rehabilitation, healing gymnastics, physiotherapy.*

In XIX century Europe took place a sudden development of spas, of private baths and gymnastic. There were also created a few modern gymnastic systems. Both author of the German gymnastics Friedrich Ludwik Jahn, as well as the precursor of the gymnastics in France Francisko Amoros universally applied the therapeutic exercises. However the biggest role in the expansion of the modern healing gymnastics in world played Per Henryk Ling, the founder of Royal Central Gymnastic Institute in Sztokholm. Separating of healing gymnastics allowed for coming into existence of gymnastic-orthopaedic units in Europe dealing with a treatment with move. The first orthopaedic unit established in 1780 in Orbe the Swiss Jean Andr  Venel. In 1815 in Montpellier was created an Orthopaedic Institute which was formed by professor of the surgery Jacques Mathieu Delp ch. The next institution of that kind, The Healing Orthopaedic Plant in Cannstatt, opened in 1826 Jacob von Heine [1].

Similar processes also took place on Polish land being an annexed territories. Reformatory activity of Prof. J zef Dietl concerning domestic spas caused that patients could use the rich range of offered there physical treatments, so as: hydrotherapy (baths, showers, pouring), mud packs, inhalations, drinking treatments with mineral waters, the healing gymnastics, massage, the mechanotherapy and the electrotherapy. The ones, which could not leave for spas, used the healing gymnastics at private gymnastic units. The first institutions of that kind were formed in Warsaw – Matthesa Teodor Gymnastic Plant (1831), Cracow – The Gymnastic School of Ludwik Bierkowski (1837), Pozna  – Gymnastic Plant of Teofil Matecki (1840) and in Lvov – Organopatical Plant of Teodor Bakody (1856). On the base of listed units in Warsaw, Cracow, Pozna  and Lvov they formed the first four centres of the development of the healing gymnastics on Polish land.

The beginnings of the formation of the Warsaw centre date back to the beginnings of 30.years of the 19th century, when a manufacturer of surgical instruments Gustaw Mann and the mechanic Robert Eichler founded the first gymnastic units in which they applied the therapeutic exercises. However the biggest influence on the development of the healing gymnastics in the capital city had a coming into existence in 1831 of the Plant of Teodor Matthes (1801-1866). He arrived on the invitation of count Henryk  ubie ski and he started the activity in his palace. He was a German, with graduate of the Berlin University, at his plant he conducted the gymnastics according to the Jahn's system, the therapeutic exercise, lessons of the fencing and the school of swimming [2]. He brought up many game teachers with their own gymnastic plants, in which they successfully used the healing gymnastics. Among them we have to mention Stanis aw Majewski, his brother Micha , Marian Olszewski, Rudolf and Telesfora Graff [3]. The students of T. Matthes certainly should be listed as the precursors of physiotherapists circle in Poland.

After the death of T. Matthes the plant was taken over and led for half a century by Stanis aw Julian Majewski (1832-1913) concentrating in the main on the healing gymnastics and massage. Within one year about 200 persons used services of his

plant. The plant had two rooms. One was intended for the hygienic and pedagogic gymnastics, and second for the healing gymnastics. The owner employed the doctor who every time consulted with patients beginning the health and healing gymnastics. As it results from the entry in the address book of the city of Warsaw, Stanisława Majewski Gymnastic-Healing Plant was located at the New World 5 and treated sick persons with: *"with stagnation of abdominal shoes, paralyses, nervous breakdown, hypochondria, chorea, curvature of the spine etc with sufferings and deficiencies"* [4]. S. Majewski in XIX century Warsaw was a precursor of the organised therapeutic exercise. He was regarded universally as a specialist of the healing gymnastics. He is an author of the one from first in Poland, the works concerning the treatment with the published in 1874 *"Guide for the hygienic gymnastics used mainly to the domestic use"* [5].

His brother Michał Majewski in 1853 in Warsaw founded the own plant which didn't survive long. In consecutive years M. Majewski conducted activity in the healing gymnastics in Ciechocinek. At first in rented rooms "beneath the gallery", and then in the own building in the gymnastic-orthopaedic and the swordplay Plant [6].

The Healing-Gymnastic Institute of Marian Olszewski established in 1873 in Warsaw by Miodowa Street 3 enjoyed the equally great popularity. His owner intending to devote himself to learning gymnastics, he studied medicine for two years at Main School in Warsaw, and then went abroad to the purpose, how he is writing, of *"practical learning of the pedagogic skill in this direction"* [3]. At the Institute was being conducted a hygienic gymnastics according to the system of the professor of the Czech university of Dr. Tyrsa, and in the more late period the Swedish Linga gymnastics and massage. For that purpose the owner purchased the appropriate equipment: *"orthopaedic small bench for straightening different distortions out, the hang for strengthening neck muscles at with evil for holding on, ladder for hanging up with appropriate amendments for lying and straightening spatulas, and hence for widening the chest"*. The lesson of the health gymnastics lasted 1 hour, however healing gymnastics – 15 minutes to half an hour and cost 20 roubles with massage. The institute also admitted sick persons on stationary, because they had 10 beds. A lot of people interested in using exercises was a reason of opening in 1882 The Institute in Jerozolimskie Avenue 31. The medical supervision above exercises at M. Olszewski plants had Dr. Fjałkowski, Head of the Evangelical Hospital [7].

In 1888 was created Healing-Gymnastic Institute of Rudolf Graf, located in Warsaw by Marszałkowska 125. From the guide to the II Hygienic Exhibition in Warsaw we learn that it had the task: *"applying the gymnastics to healing purposes, in cases of distortions of the spine, when occurs a need of the extension of the chest, of removing distortions in joints and limbs, i.e. at all in orthopaedic cases"*. A healing, hygienic and education gymnastics was applied in the Plant according to the german system and massage with method of Dr. Metzger. Classes of the hygienic and education gymnastics lasted for an hour and healing gymnastics 2 hours. Services of the

Plant were used about 30 times a day, annually above 200 persons, in it: men – 60, women – 30, boys – 70, girls – 40. Rudolf Graf was an author of original devices for the orthopaedic gymnastics. He designed a special device for widening the chest, an equivalent of shoulders and a device for the measurement of the force. For his inventions he received the letter of commendation on the I Hygienic Exhibition in Warsaw in 1887. In summer months, since May till September the owner conducted his activity in Ciechocinek [8].

On Polish land, as similarly as in other countries of world a method of Gustaw Zandera enjoyed a huge popularity. Single apparatuses turned out at some gymnastic units already in seventies, but in entering the mechanotherapy into our country Dr. Roman Skowroński played the particular role (1862-1923). He created in 1893 in Warsaw at the Green Square, the first on Polish land, the Mechanic-Teherapeutic Plant equipped with original apparatuses of Dr. Zander imported from Stockholm. They were machines to:

- turning and unstable moves of hand,
- exercises of the hand mainly in a shoulder joint and of appropriate muscles with resistance,
- tilting the torso to sides with resistance,
- screwing the bowl together with resistance,
- opening lower limbs with resistance,
- clenching lower limbs with resistance,
- bending lower limbs in the knee joint with resistance,
- straightening out the lower limbs out in the knee joint,
- bending and straightening feet out in the ankle,

and bicycle to exercises of lower limbs and pressing the abdominal stamping out. At the plant was also Swedish healing gymnastics, massages, vibrations, baths and an orthopaedic supply were being conducted in the form of corselettes and other devices [7].

The biggest role in the development of physiotherapy and educating staffs for the need of the new profession not only in Warsaw but the entire country and is falling to Helena Prawdzic Kuczalska (1854-1927). After studies at Central Royal Gymnastic Institute in Sztokholm, as the unenrolled student, she returned to Warsaw, where in 1892 founded the Plant Healing, Health Swedish gymnastics and Massage for Women and Children. Activity of the Plant was based on theoretical and practical bases of the Swedish gymnastic system. Cooperating with Dr. Z. Sławiński, a healing gymnastics was being conducted *"holding on almost to exclusively a method, i.e. the Swedish system which relies on acting against local suffering, with taking into account the general needs of the organism and the compliance by grading exercises to all kinds of compilation"*. H. Kuczalska at her Plant in the model way solved a problem of the medical supervision of the healing gymnastics. Regulations of bylaws of the Plant are saying, where we are reading: *"The guilty enrolling in the healing gymnastics or massage also to undergo the examination of a company doctor or to describe recommendations of their own doctor, however during the time of being treated stays in the Plant his in his care without separate extra charges. For the inspection for the health gymnastics the payment isn't also taken"* [7].

At the Plant a health gymnastics, manual massage and the healing gymnastics were being conducted (passive, active and with difficulty). A curvature of the spine, myopathy and joints were being cured, organs of the etching, anaemia, irregularities of the menstruation, obesity, cases of neurasthenia and other. Activity of the Plant enjoyed the great interest of the society of the capital city, but in 1894 advantage of its services took 1054 persons. In summer months, in the first year of activity the Plant was active in Otwock, in consecutive years in Rabka and Ciechocinek, where H. Kuczalska led the boarding house, having an appropriately furnished gymnasium [9].

In 1900 H. Kuczalska fulfilled her next dream, created the course for teachers of the gymnastics. The research of the healing gymnastics and massage lasted at least 6 months and cost 75 roubles. A research of the health gymnastics also lasted 6 months. Conditions, which candidates had to fulfil: general education on the level of the junior secondary school, good medical condition, age up to 35 years and the appropriate physical strength. Graduates received certificates certified by the medical office which entitlements gave to the work under the supervision of the doctor.

In 1906, after obtaining the agreement of tsarist authorities H. Kuczalska set up the Warsaw School of Swedish gymnastics and Massage of Helena Kuczalska. The research lasted for two years and included the following objects: anatomy along with mechanics of the move, physiology, pathology, the theory of the gymnastics and massage, the pedagogic and healing gymnastics and games and games involving physical movement. Warsaw doctors gave classes, graduates of the Central Royal Gymnastic Institute (most often Swedes) and two employed permanently teachers: I. Pieńkowska and E. Piotrowicz. Within 9 years of the existence of the school 100 persons finished it (85 women and 15 men). Graduates received specialization in the education and healing gymnastics [10]. H. Kuczalska popularized the Swedish gymnastic system in Poland. She established the first in our country school educating the physiotherapists.

In 1887 in Warsaw a Gymnastic-healing Plant of Walenty Pieńkowski was formed. It was located at Hortensji 6 Street. A healing, hygienic, education and athletic gymnastics was applied in it based on methods applied in gymnastic societies in Galicja and in the Czech Republic [11].

The other centre of the development of the healing gymnastics in our country formed based on Krakowska Gymnastic School opened in 1837 by the professor of the surgery of Ludwik Bierkowski Jagiellonian University (1801-1860). He studied in the Medical Department of the Berlin University, in 1828 at university in Leipzig he got the degree of a doctor of medicine and the surgery. At university and study tours he was interested in issues of the physical education. He got to know in theory and in practice of the principle of the German gymnastics, and in Paris of reaching the French gymnastic school of F. Amoros. To the purpose of the promotion of the gymnastics and the own initiative at the same time L. Bierkowski wrote booklet: *"a few words about the importance, the need and use of the gymnastics"* directed at parents caring about the due



education and the health of their children. We learn from it that at the Cracow unit will be working seven teachers and the doctor (proficient anatomist). The school will be similar to Amorosa plant in Paris. Starting the course in the orthopaedic gymnastics was ambition of the owner. In the chapter establishing Krakowska Gymnastic School L. Bierkowski wrote: *"young people of the male sex will be accepted to the gymnastic school from 8 to 18 of year. Apart from it children of the both sex handicapped as for the shape of the body, having bent limbs or spinal, they will also be accepted to this school and there, in individually allocated hours, will be doing exercises which orthopaedics gives for them"* [12]. These plans wasn't realized, from the account of the lack of appropriately educated teachers of the gymnastics and after five years of activity the unit was also dissolved [13, 14].

The next gymnastic plant In Cracow started up a well known gymnastics teacher Ferdynand Tuszyński in 1861. In the first month of activity Prof. J. Dietl visited the plant impelling the owner to implement the healing gymnastics. In the more late period the medical care above the plant kept an indefatigable promoter of the therapeutic exercise of children and adults Dr. J. Fałęcki, until leaving the plant of medical studies by the owner on UJ what took place in 1872 [15].

In 1885 the own gymnastic plant by Sławków St. in Cracow opened Wenanty Piasecki (1832-1909) the Doctor of all medical sciences, the pioneer of physical education and hydrotherapy in Galicja. Already in the course of undergoing medical studies at the University in Prague he studied the hydrotherapy and the healing gymnastics. After the course in the surgery at the Lvov University Dr. W. Piasecki went to Switzerland, where underwent the practice in the bath of Dr. Halma in Weid, and next went to Germany and Austria in order to see the natural medicine plants in Gröfenberg, Merana, Wartenberg and Königswarten [16]. In 1871 he became a director of the Kisielka bath in Lvov and along with his owner went into another journey in order to get to know the most well-known baths and gymnastic of contemporary Europe [17]. The theoretical knowledge and the big experience of Dr. W. Piasecki caused that his Cracow gymnastic plant had enjoyed the great popularity with residents. He conducted exercises, in it individually for girls and boys, in bright days in the fresh air, however in remaining days in rooms specially prepared at this target, equipped with the newest devices. The plant specialized in the healing gymnastics, but also classes of the education and folk gymnastics. In 1879 W. Piasecki bought the bath in Kuźnice near Zakopane. He led in it, as well as at the built soon plant "Klemensówka", wide range of the orthopaedic and therapeutic exercises [18].

In the development of physiotherapy at the Cracow centre the biggest meaning had the activity of the outstanding teacher of physical education Jadwiga Mayówna (1862-1943) [20]. After completion of the Teaching Seminar in Kraków, she went in 1895 for annual studies to Sweden, from the scope of the gymnastics, in order to get to know two kinds of Swedish gymnastics: pedagogic and special (healing). She completed a course of anatomy and the orthopaedic gymnastics and

massage and she also worked with Prof. Widego, and even for four months worked as his assistant. She was the first person not only from Galicja area, but also from entire Austria, who got acquainted with the Swedish system of the gymnastics and put it into practice. In 1896 she opened the own Plant of the Healing Gymnastics in Cracow at Krupnicza 19, hive on which the press reported: *"at this unit modeled on similar foreign institutions, are being organised collective lessons for children from 10 years, and for older girls, besides hours devoted to the orthopaedic gymnastics"* [20]. Jadwiga Mayówna cooperated with the known in Cracow director of the Surgeon's UJ Clinic Prof. Kader. With his persuasion she went in 1898 to Wrocław to Prof. Mikulič. for the next few months training in the orthopaedic gymnastics and massage. In the activity of the J. Mayówna Plant became interested the Cracow Medical Company, inviting the owner to the lecture and the demonstration of the therapeutic exercise performed by children attending classes.

The modern organization of the plant, based on the best world templates, careful educating the owner and the person of Prof. Kadera, they caused that it enjoyed the huge popularity of inhabitants of Cracow and held out until 1908. J. Mayówna also took care about didactics, from 1927 giving lectures at the UJ School of the physical education.

In Poznań in 1840 Dr. Teofil Matecki (1810-1886) opened the "Orthopaedic Institute". It was it first plant opened on Polish land, created exclusively for therapeutic purposes. Treatment at the Plant of Dr. Matecki lasted at least 3 quarters. For patients were applied surgeries on the kinesipathy, warm, cold and steam baths, an electrotherapy and massages. How is giving the Newspaper of Poznańskie province from 1842 at the Institute children and teenagers were being treated with the cripple from 8 up to 16 years mainly with diseases: *"with distorting the spinal column and the higher spatula, bending the bowl, twisting the neck and simultaneous tilting the head towards the shoulder, with the stiffness, china illness and the general weakness"* [21]. Dr. T. Matecki is an author of the booklet *"about the newest courses of treatment of distortions of the human body and the squint"*, edited in 1840 in order to acquaint the society with new procedures [22]. Dr. Matecki was interested in not only curing organopathies of move, but also dealt with the physical education of girls, about what says an article printed in 1841 in the Home daily newspaper *"about the female importance of exercises of the body"*.

The first gymnastic plant in Lvov was opened in 1847 at Syk-stuska 15, with the effort and the expense of Leon, the Sapieha prince. It wa a Gymnastic School about which reported the "Lvov Newspaper" in the same year: *"Our capital city has a Gymnastic School from the beginning of this year. That new is also useful for older as well as for younger, none doubts (...) we were at this unit on the spot and we can boldly say, that devices are great and appropriate for purpose. Building alone, built deliberately for it (...), it is extensive and high, has the light from above, and warmed from the bottom, with Meisner's way. Inside this spacious and high room all devices are found for the gymnastics, similar to plants being abroad"*

[23]. Founder of the School, the Sapieha prince had very sickly children. This fact and own experience with physical exercises during studies in Paris and the travel all over England was a reason of founding the gymnastic unit. Activity of L. Sapieha Gymnastic School had pioneering meaning. It doesn't appear from analysed materials, that a healing gymnastics was being conducted.

In January 1856 Dr. Teodor von Bakody founded the next Lvov gymnastic plant. He was Hungarian nationality, married the daughter of the doctor known in Lvov – Gustaw Schretter [24]. At the Organopatical Plant the owner implemented the Swedish system of the healing gymnastics. From 1856 a supplement of the authorship of T. Bakody was published in a Lvov Newspaper : *"Program organopatyi (of Swedish gymnastics)"*, propagating activity of his Plant in Lvov, but also for the first time appearing on Polish land, presenting the Swedish system of healing gymnastics [25]. Therefore to Teodor Bakody should be assigned the priority in applying Swedish healing gymnastics on Polish land.

In Lvov in 1870 Edward Madeyski, universally regarded as the authority in the field of the physical education, founded the next Gymnastic Plant (1832-1906). He studied medicine in Vienna as the unenrolled student, and then in Saksonia, where more close knew issues of the physical education. He was a master's degree in medicine, worked at hospitals in Cracow and Lvov. However a gymnastics was his passion. He wrote a few trials and textbooks from the field of the gymnastics, for many years was a professor of the gymnastics at the teaching college in Lvov and the chairman of the examination board for candidates for teachers of the gymnastics in secondary schools and teaching seminars in Lvov [26]. The Gymnastic Plant was located in Lvov at the Kurkowa street. After a few years E. Madeyski transformed the current institution for the Gymnastic-orthopaedic Plant with cannon of massage and the boarding house for sick persons. Due to financial difficulties activity of the unit was stopped in 1877. In recognizing the entirety of the service and achievements of E. Madeyski on the field of the physical education in 1889 the emperor granted him the title of the professor.

In 1900 the Orthopaedic Plant being located in Lvov at Smolki Street 1/5 opened Dr. Eugeniusz Piasecki. Articles informed *"(...) Dr. Eugeniusz Piasecki well-known for readers of the «Polish Word» from activity on the field of the physical education, on these days got the orthopaedic plant at the Square of Smolka 1/5 of Prof. Edward Madeyski, having equipped it into new devices for the healing and hygienic gymnastics and orthopaedics and massage. We have to expect, that this plant, first and only once in Lvov, under the new management will remind years of the former bloom, giving to the youth powers and the health"* [27]. Thanks to the past experience during medical studies in Vienna and at the work at physiotherapy Plants of the father in Cracow and Zakopane, at the Lvov unit he inserted modern devices and devices for the healing and hygienic gymnastics and for orthopaedics and massage. According to the announcement placed in "Polish daily newspaper", from 1900 the plant of the healing gymnastics of Dr.



Eugeniusz Piasecki, as part of its activity, offered treatments from the scope of Swedish gymnastics, also specialized in the treatment: *"flat breast, habitual and rachitic winces of spine, arthritides and muscles, paralyses, pareses, neuralgias and neuroses, as well as weakening the cardiac muscle of both other disorders of circulating along with the ailment of the stomach and intestines"* [28]. In 1901 Dr. E. Piasecki moved his plant at May 3 street in Lvov to new rooms at May 3 street in Lvov, and enriched his equipment with modern healing devices imported directly from Stockholm. How is passing the Lvov Medical Weekly from 1907: *"at the Plant a passive and resistant gymnastics was being conducted similar to Gymnastika Centralinstitutet in Stockholm - Knokego and Dressler apparatuses and Dressler, Beely, Lorenzo, Barwel, Hoffs and aka ordinary, electric and vibratory massage"* [29].

In 1897 along with the outstanding Polish surgeon Ludwik Rydygier, Dr. Antoni Marian Gabryszewski moved himself from Cracow to the newly built clinic of the Lvov University (1864-1917). In the course of a study tour (Germany, Switzerland, Denmark, Sweden) he got to know orthopaedics and the mechanotherapy. In December 1897 as first in Poland the surgeon habilitated from orthopaedics. In 1898, founded the Orthopaedic Plant. It was located at first at Akademicka 14 Street. How is passing the Chronicle of Lvov University *"Here, for 10 years about 500 sick persons were being treated annually, (...) never not giving advice to poor. In the face of the lack of any allowance from the side of governments and the country and cities, it was necessary to treat poor men for the entire months free of charge, to give corselettes and orthopaedic devices often completely for free"* [30]. A. Gabryszewski Orthopaedic Plant was established similar to German and Swedish plants. The owner imported devices produced by Ekstranda in Stockholm and German Krukenberga, Hoffs, Schulthess, Beely, Hoffs, Knoke and Dressler apparatuses. They were these are devices, pendular, for starting joints and loosening up limbs. Used to Swedish gymnastics and starting the spine. Apart from the healing gymnastics a mechanotherapy in the plant was applied a mechanotherapy, therapeutic massage and an orthopaedic supply. In 1908 along with his partner and a friend from studies Dr. Jan Wojtkowski he established first in the country Zanderowski Institute and merged him with the Orthopaedic Plant. It was located at Romanowicza 3 Street, on the ground floor, in spacious, electrically lighted rooms. It was equipped *"in famous, moved with electricity apparatuses of the system of Dr. Zander in Stockholm"* [31]. How the contemporary press announced: *"this Plant in Galicia, as well as the Austro-Hungarian empire was one of most modern and best equipped orthopaedic institutions"*. How says the Lvov Medical Weekly, apart from the mechanotherapy, there was a healing gymnastics, baths in hot air, electrotherapy, irradiations sunlamp, rays of the X-ray, diathermy and an orthopaedic supply [32].

In XIX century Europe hydrotherapy enjoyed the huge popularity. In the Galicia capital city were also made a few baths, which activity considerably contributed to the development of physiotherapy, because a lot of new types of treatments were

being led so far in Poland. Two sanatoriums are deserving the particular attention: Kisielka and Maryówka. About activity of the first Lvov bath We learn from the booklet published in 1862 we learn from the booklet published in 1862, authorships of Rafał Korytkowski *"Rezultata kuracij with water and the gymnastics near Lvov in Kisielka"* [33]. For the highest level of medical benefits granted in Kisielka affected the plant manager Dr. Edmund Kowalski, who in 1901 awarded the associate professor based on a postdoctoral thesis to the subject: *"about the influence of hydrotherapeutic treatments on behaving warmth in the system"* from a faculty of medicine of the Lvov University [34]. As the Guide of Galicja says, in 1912 in the Kisielka Sanatorium it was possible to take advantage of electric, light baths, of oxygen baths and with the carbonic acid, solar and air bathings in mineral springs. A healing gymnastics was also applied - method of the mechanotherapy of Prof. Gustaw Zandera, massages, the electrification and the oxygen and resinous inhalation [35].

In the second Lvov sanatorium Maryówka they were making: comprehensive surgeries on the hydrotherapy according to the Winternitz method, air baths, the healing gymnastics, massage and the electrotherapy. In 1901 the Sanatorium "Maryówka" introduced, as the first plant on Polish land, procedure with mule Fango. However the biggest achievement of Dr. Józef Zakrzewski was applying the therapeutic exercise according to the method of the Swiss doctor Dr. Frenkl [36, 37].

### Conclusion

In the 19th century on Polish land were formed the first gymnastic units led by doctors, physical class tutors (being precursors of physiotherapists) and persons having a medical education and all at the same time specializing in the healing gymnastics. Around them were formed four centres (Warsaw, Cracow, Poznań and Lvov) having a meaning impact on development of the healing gymnastics, of other forms of the physiotherapy, and in the consecutive century of the rehabilitation in our country. Activity of units caused popularizing in Poland gymnastic systems known in contemporary Europe. At first it was a German gymnastics Jahna, and in consecutive years the Swedish system of the Linga gymnastics and the method of the mechanotherapy of Prof. Gustaw Zandera. Numerous foreign relations of owners of gymnastic and hydrotherapeutic plants caused, that services used by them equalled the best centres of that type in Europe with the quality and the level of the specialist knowledge.



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