A problem of the rehabilitation after sport injuries is widely spread out. During his/her career any sportsman gets injuries. Unfortunately, temporary disability could become an integral part of the life of the sportsman. Thus the final result of any therapy of the rehabilitation program is a restoration not only personal physical abilities, but also a social status of the patient. A strong need to involve, besides medical and physical cure, a set of special psychological, pedagogical and social adaptation is evident. Psychological aspect of the rehabilitation quite often takes the same level of importance as physical one. In half of cases a mental transformation is the main reason inhibiting a return into sport.

Currently it is obligatory for professional sport to have a medical support of the training process.

Proposed project of the sports rehabilitation centre could serve as a place intended to embrace directly sportsmen's treatment (physical and mental), but also it would help ordinary persons to recover and to return to normal level of life after strong injuries derived from a sport activity or an accident.
The site of the project is located in southern Stockholm with immediate access to the lake Ältasjön. The lake bordering the Nacka Open-air Area (colloquially referred to as Nackareservatet, "Nacka Reserve", but not given the status of a reserve) is considered as a place of great recreation value.

Nacka is a threshold between big city and suburb. The "frontier" condition of the site allows to combine advantages of both an ability to be a part of the city and at the same time provides an isolation and a solitude.

As general idea of the centre, a concept of a place for rest and recovering was taken. For many people that could be a countryside house, where persons would like to go in free time to reveal themselves from physical or psychological exhaustion. The nature, as the best environment for an exhausted person, could establish a base for a healing process.
The changing of the surroundings – as a meadow, a waterfront or a forest - was taken as a mean to create a diversity of emotional perception of the place. Also, the orientation in a way to embrace a sun path during whole day produces vital vibration of both nature and the space of the centre during a daytime or a season:

Under the impact of the sun, a wind or a snow is created changing of direction of shadows from columns or trees, water sparkling, sunlight from skylights or a perception of different materials of the building.

Thereby each element of the ambience including certain number of the columns, skylights, the folded roof, different materials as smooth or rough concrete and wood create variety of sensual tactility and visual deep creating space favourably influence on the emotional condition of the patient as long as psychologists proved calming effect of a presence of the visual richness of an environment.
Functional performance of the centre was based on the logistic line of the treatment process. The loop of actions during curing process similar to a training process was taken as a guideline for the trajectory of movement through the centre. From public area with a vestibule, a main hall for lectures or conference, a café to medical and physical treatment departments and back to the entrance area goes the first loop. The second loop leads visitors through accommodation department with all leisure facilities, as library or cinema room, playing room, common living rooms, inner yard and again back to the entrance area. The spatial performance as a response to the site has so-called shape of the 90degree sandglasses and sits on the meadow, faced to the waterfront, turn to the forest and round a small hill. Two levels of the building connected by ramps intended to serve as one unite. A range of extra spaces, broad corridors, extra leisure spaces and a walking path inside the building is a response to patients suffer of narrow corridors, a lack of choice of areas where person could be in free from a treatment time or just to be one to one to him- or her-self aiming to create so-called “area of the comfort”.

DISTRIBUTION AND MOVEMENT DIAGRAM

- public area
- treatment and training areas
- training department
- staff
- accommodation - treatment
- guests
 Particularly this project could be considered as a specific clinic, but in general this centre could be taken as an attention to a distinctive problem primarily related to more wide embracing task of the creation of health care institution. From this point of view it is important to mention topical character of the theme concerning social and architectural issues in general.

A growing social desire for comfort in all aspects of everyday life is propelling similar expectations in health care. Currently especially private sector provides improvement proposals for the development of healing architecture. Intends to be more personal and domestic curing architecture tries to be resembled to a home or a hotel with its “family” life and entertainment quality.

Spatial qualities and function performance of architecture for medical treatment should not merely provide a place for patient and doctor meetings, but it should have a sensual attitude and itself be a place with life-arming atmosphere.