



Information for patients

Dear sir / madam

Thank you for your interest in our facility. With this flyer we aim to provide information about us and our treatment options to English-speaking patients.

Who are we?

ORTEMA-Rehabilitation is a part of the Markgröningen Orthopaedic Clinic group (Orthopädische Klinik Markgröningen / OKM, www.okm.de) and is located within its grounds. The OKM is one of the largest orthopaedic-specialized clinics in Germany and performs approximately 10,000 operations every year, providing over 230 beds for our patients.

ORTEMA-Rehabilitation has around 60 therapists including doctors, physiotherapists, massage-therapists, sport trainers, psychologists and occupational therapists providing care to our patients.

Treatment:

We provide a large spectrum of non-invasive therapies:

- Attendance by a specialist in rehabilitation, orthopaedics and trauma surgery
- Structured outpatient rehabilitation under medical supervision and therapy control.
- Physiotherapy, Manual Therapy, Fascia therapy, massage, lymphatic drainage
- Electrotherapy, Fango (mud therapy), Infrared, Cold / Ice therapy, active and passive movement, Sling therapy
- Medical-training therapy / sport therapy, muscle-building, coordination training, cardio-training, sling-training, walking, water-gymnastics
- Psychological supervision (German and English)
- Diet / Nutritional advice (German and English)
- Multi-professional pain-treatment

Treatment lasts between 30 minutes to several hours depending on the needs of the patient. Therapy is overseen and co-ordinated through our head doctor, Dr. Schemel.

Cooperation

We work where necessary with our colleagues at OKM.

The ORTEMA-company also runs a very experienced and frequented ward / studio for prothesis of the limbs and for the complete prosthetic and orthotic care-possibilities (www.ortema.de/de/) with more than 10 Certified Prosthetist/Orthotists. We can offer **simultaneous and coordinated** rehabilitation-treatment and prosthetic- / orthotic-care.

How to get therapy at ORTEMA

When you wish to have outpatient rehabilitation or physiotherapy at ORTEMA-Rehabilitation, please contact us a minimum of one week before treatment should commence to discuss treatment-options and arrange appointments.

When you have an operation at OKM, rehabilitation therapy will be provided to you by ORTEMA therapists while you remain in the hospital. Outpatient treatment can be continued after you have been discharged from OKM. Rehabilitation in general will be discussed before you are discharged.

It is essential for us to have all relevant medical records before treatment begins, please send them to info@ortema-rehabilitation.de

Accommodation

Patients from outside the area or abroad should arrange accommodation in a local hotel or with relatives or friends. Hotels can be found via www.hrs.com, www.tripadvisor.com etc.

Which illnesses and diagnoses do we treat?

- Back pain, sciatic pain, Segmental dysfunction of the spine,
- Spinal disc herniation (Slipped discs)
- Osteoarthritis
- Post-surgery rehabilitation (hip-replacment, knee-replacement, spine-surgery from neck to lumbar/pelvis, surgery at the upper and lower limbs, tendon-surgery, amputation etc)
- Rehabilitation after musculoskeletal trauma, e.g. traffic accidents
- Sport injuries
- Acute and chronic pain of the neuro-musculoskeletal system
- Rehabilitation after limb-amputation

Costs

Every patient and their treatment are different. Please ask us for a cost estimate for your treatment. A typical Rehabilitation-treatment lasting several hours/day can cost between €150 and €200 per day, consultation with a doctor adds an extra €30 to €50 per day. If you have minor problems, we can offer individual smaller treatment.

If you at first want a doctor's advice, we arrange a telephone call with Dr. Schemel, head of the department.

We accept all major credit cards, ec-card or €-cash. Advance payment is mandatory, we will refund if you could not finish treatment.

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