



MEDICAL PARK

BERLIN HUMBOLDTMÜHLE

Fachklinik für Neurologie · Orthopädie · Kardiologie

Partnerklinik der



## Recovery and a total sense of well-being

The clinic Medical Park Berlin Humboldtmühle specialises in the fields of Neurology, Orthopaedics and Internal Medicine/Cardiology. State-of-the-art facilities and medico-therapeutic technologies and facilities perfectly blend in and harmonize perfectly with a sophisticated ambiance and first-class service. Our clinical centre is characterised by interdisciplinary cooperation, ensuring patient-oriented diagnostic, therapeutic and nursing care services in rehabilitation and post-hospital curative treatment.

Medical Park Berlin Humboldtmühle is an active partner of the Charité University Hospital Berlin.

Our main focal points include:

- Stroke
  - Multiple sclerosis
  - Parkinson's disease
  - Treatment of posttraumatic brain injury
  - Follow-up care and continuing treatment after surgical interventions including rehabilitation for musculoskeletal injuries
  - Treatment of degenerative musculoskeletal disorders
- Sports medicine
  - Pain therapy
  - Follow-up treatment after heart surgery
  - Follow-up treatment after heart attack
  - Follow-up treatment after vascular and thoracic surgery
  - Preventative treatment for psychocardiogenic and metabolic risk factors



Prof. Dr. med. Stefan Hesse (M. D.)  
Chief Consultant of Neurology



Prof. Dr. med. Karsten Dreinhöfer (M. D.)  
Chief Consultant of Orthopaedics and  
Accident Surgery



Prof. Dr. med. Heinz Theres (M. D.)  
Chief Consultant of Internal Medicine/  
Cardiology



## Idyllic surroundings

We cordially welcome you to Medical Park Berlin Humboldtmühle. The clinic is located amidst the green belt of Berlin, there, where the River Tegel joins Lake Tegel and vast forests begin. The property is on the northwest shore of the lake, on the edge of Tegel Forest and next to Humboldt Castle.

It is here where you will experience how rural oasis of calm wonderfully unites with vibrant city life. This is the

ideal site for tranquillity and recreation, and yet, within a few minutes you will find yourself in the middle of the residential and commercial quarter called Tegel with a variety of shops and boutiques available to you. Public transportation is easily accessible, distance or a short car ride will take you quickly into the vibrant heart of the city of Berlin.

The legendary Kurfürstendamm and the magnificent Unter den Linden Boulevard

beckon you for strolling and shopping along these elegant promenades. Berlin Museum Island, a by UNESCO awarded World Heritage Site, include a unique collection of other museums, prestigious theatres, opera houses, and internationally know art exhibitions are the basis of Berlin's reputation as a culture capital of Europe.



## Neurology

The Department of Neurology at Medical Park Berlin Humboldtmühle provides treatment services for patients with congenital or acquired disorders of the brain, and the spinal cord, including peripheral nerves and muscles.

Our Schlaganfallzentrum Berlin provides advanced seamless treatment approach throughout all levels of care, beginning

with the Intensive Care Unit and continuing through phases B, C and D. Particularly patients with severe neurological disorders highly benefit from the application of targeted high-quality early rehabilitation.

We start with early rehabilitation while the patient is still in ICU, even if it means that stable circulatory functions or appro-

prate breathing must be maintained by advanced intensive care medicine. State-of-the-art treatment and diagnostic services including patient-oriented research with the objective of optimising rehabilitation outcomes, are the very special characteristics of the Schlaganfallzentrum Berlin.

Our treatment success is based on the holistic perception of illness and the therapeutic concept developed by our multidisciplinary team. Individually tailored therapeutic objectives are defined through shared decision-making amongst patients, physicians and therapists, based on sophisticated therapeutic and medical diagnostics assisted by advanced technologies.

We make available modern medical diagnostic technologies including CT imaging providing services 24 hours a day. Services also include cerebral magnetic resonance imaging, swallowing diagnostics, Doppler sonography, neurophysiological examination techniques, urological test stand and gait analysis laboratory.





## Orthopaedics

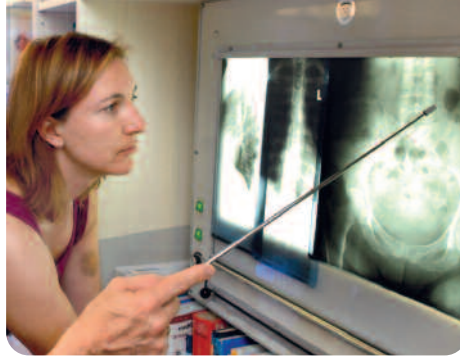
Our Orthopaedic clinic offers comprehensive clinical programmes with respect to diagnostics, therapies and rehabilitation. In our interdisciplinary treatment programmes we apply the concept of multiprofessional holistic care. Therapeutic goals include regaining mobility, functional ability, mental and physical fitness in order to give the patient the ability to meet the challenges he or she faces in every-day and professional life.

Our orthopaedic team focuses mainly on rehabilitation following joint replacement, spine surgery and injury as well as treatment of congenital and acquired musculoskeletal disorders, such as osteoarthritis, spinal disorders and osteoporosis.

Interdisciplinary treatment programmes for patients with chronic inflammatory arthropathies, diabetic foot disorders

and paraplegic patients, are developed in close cooperation with the Departments of Internal Medicine and Neurology. Multidisciplinary biopsychosocial rehabilitation for patients suffering from chronic musculoskeletal pain also include minimal invasive infiltration therapy.

Additionally we focus on rehabilitation for patients with sports injuries and sports-related impairments, as well as



preventative programmes for musculo-skeletal disorders. Advanced diagnostic tools are the basis for high-precision analyses to evaluate a patient's present physical condition. Based on the results, individually tailored therapeutic goals are defined through shared decision-making amongst patient, physicians and therapists.

We provide sophisticated diagnostic state-of-the-art technologies:

- X-ray diagnostic systems including fluoroscopy
- Computer tomography
- Nuclear magnetic resonance imaging
- DXA osteodensitometry and high precision body composition with direct measurement of fat, lean tissue and bone mass
- Body scan system for radiation-free optical stato-dynamical spine analysis and posture measurement system
- Sonography of joints and soft tissue structures
- Dynamic foot and gait analysis
- Isokinetic measurement of muscle strength
- Sports science center for performance analysis
- Spiroergometry



## Internal Medicine/Cardiology

The Department of Internal Medicine with a special focus on Cardiology provides treatment services including post-hospital curative treatment and rehabilitation programmes. The wide spectrum of treatment services includes the comprehensive field of Internal Medicine, in particular treatment programmes for patients after heart valve surgery, coronary bypass surgery and surgery of the large vessels, including surgery after cardiac arrest. Beyond this, all patients with chronic cardiovascular diseases – cardiac insufficiency or

cardiac dysrhythmia for instance – are admitted for clinical treatment.

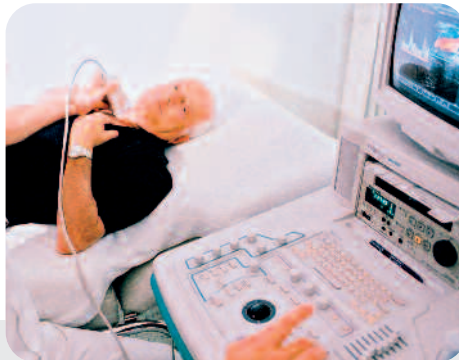
Treatment services are also provided for stress reactions and any other risk factors contributing to the development of cardiovascular diseases. These include increased levels of blood glucose (diabetes), lipometabolism disorders, high blood pressure, overweight, nicotine intake and thyroid function disorders. In addition, we provide care services for patients after critical surgeries of the lungs, the gastrointestinal tract and the kidneys. Supplementary to the thorough initial examination, we offer advanced diagnostics to monitor and adjust therapeutic requirements including medication therapy.



Our diagnostic tools include:

- Colour Doppler echocardiography
- Transesophageal echocardiography
- Stress echocardiography
- Spiroergometry
- Pulmonary function testing
- Vascular ultrasound diagnostic technologies for examination of the arteries and veins
- ECG
- Exercise ECG and long-term ECG monitoring

- Pacemaker control
- Right heart catheterisation
- Performance diagnostics (lactate testing)
- 24-hours blood pressure monitoring
- Abdominal sonography and thyroid sonography
- Routine and specialty laboratory testing in cooperation with the Charité University of Berlin
- Coronary CT angiography, coronary MRI angiography





## Prevention

One of the consequences of a busy modern lifestyle is that many people do not get enough exercise and yet physical inactivity is associated with a host of medical conditions. Our highest priority is to prevent the consequential 'lifestyle diseases' of this dilemma. In our Prevention programme, we ask questions relating to your attitudes, your motivation and your experience of actions. It is through this analysis that

we can mutually specify the objectives for behaviour modification, which will help you to stay healthy – and in this spirit 'Prevention is better than cure'. Upon comprehensive testing, our specialists will develop your individually tailored training and diet programme, particularly in cases of overweight, risk of metabolic diseases or stress disorders.

## Treatment

Medical Park Berlin Humboldtmühle offers a wide range of services delivered by multiprofessional teams. Treatments will be adapted in accordance to disease patterns and individual needs. Therapeutic services available include physiotherapy, occupational therapy and sports therapy incl. therapeutic climbing at the indoor rock climbing wall. Our ADL course offers skills training in the activities of daily living. Patients have the opport-

unity to train activities of daily living intensively which have become a problem as a result of the disorder. This includes training to eat, how to manage body care, getting in and out of the car, operating a vehicle outfitted with primary control adaptations and the crossing of pedestrian crossings. Our involvement is goal-oriented striving for close interdisciplinary cooperation with multiprofessional teams. This enables us to work on reducing the patient's

physical deficits and to support him or her optimally to regain and manage the challenges of everyday life once again. As a result of the close interdisciplinary cooperation with our physicians, nursing care providers, speech therapists, nutrition advisors, social workers and psychologists, we are in a position to offer patients a high standard of holistic therapy concept. A medical and health care supplies store located at our centre completes our range of services.



## Radiology



Prof. Dr. med. Stephan Duda (M.D.)  
Specialist Radiologist

The clinic Medical Park Berlin Humboldtmühle is also the location of the office-based practice of the Radiology Group of Professor

Dr. med. Stephan Duda (M. D.) and Associates. Their spectrum of services include multiple modern imaging services and conventional radiology and X-ray fluoroscopy, including sonography and colour Doppler sonography, computed tomography (CT) and magnetic resonance imaging (MRI). The Radiology Practice facilities are state-of-the-art diagnostic and therapeutic centres containing the latest in medical technology. Their main focus of their therapeutic services is for image guidance in mini-

mally invasive treatment of circulatory disorders including pain therapy of spine disorders.

Through effective teamwork and close collaboration Medical Park Berlin Humboldtmühle promptly makes high quality and efficient radiology services available for patients on an inpatient basis, for day-case patients and on an outpatient basis.



## Partnerships

Our head physicians cooperate closely with leading regional academic and clinical institutions. The objective is to provide seamless medical services in cooperative partnership.

The hospital is linked in partnership with the Charité University Hospital, and we are also an active member of the Stroke Alliance which was initiated by the Department of Neurology at the Charité University Hospital. It is their objective to provide stroke patients with sophisticated medical care services within the metropolitan area of Berlin. To reach this goal, it is planned to develop a continuous, non-interrupted rehabilitation chain beginning with the Intensive Care Unit and ending after the patient's success return home.



## Science and research

The department heads of Medical Park Berlin Humboldtmühle are members of the faculty of the Charité and the Humboldt University. This cooperation enables us to ensure that we are providing our patients with the best therapies possible in compliance with the latest scientific knowledge.

Through research and teaching in the areas of musculoskeletal rehabilitation, prevention and research in health care, Medical Park Berlin Humboldtmühle is an integral part of the internationally unique Centre of Sports Medicine and Sports Science Berlin (CSSB) of Berlin Humboldt University and the Charité University Hospital Berlin. The objective of this interdisciplinary competence centre for high-performance sports is to provide performance optimisation in sports

including healthcare services for top athletes. Results, outcomes and data gathered from scientific and medical care services rendered to athletic patients are synergetically made available for the prevention of injury and rehabilitation in sports medicine.

## Medical Park Academy

Our staff and care providers solidify their knowledge at our newly opened Centre for Training and Continuing Professional Development at Bad Endorf, where they become acquainted with the latest medico-therapeutic methods keeping abreast of the latest developments in medicine.





## Atmosphere for the soul

Medical Park – this is the synonym for the highest standard in service, features, design and amenities in a clinic.

We would like you as our guest and our patient to live in harmony – harmony with yourself and with your environment. Our first priority is you, and we feel privileged to be of service. To make you feel comfortable and completely at home with us, we have

done the utmost to create an atmosphere where your individual needs are accommodated and where the medico-therapeutic programmes deliver optimal treatment outcomes. Sophisticated design and comfortable amenities contribute to treatment success which is complemented with the friendly and attentive service of our team attending to our clients with courtesy and expertise.

## Ambience and amenities for your recovery

Our barrier-free clinic Medical Park Berlin Humboldtmühle provides of 267 patient rooms. The rooms including 7 suites and 11 junior suites are partly located in lovingly restored historic buildings which in part have the statues of listed buildings in the Berlin community.

First class comfort welcomes you in spacious rooms and suites measuring from 20 to 35 m<sup>2</sup>. All rooms and suites

are furnished with multiple adjustable beds, direct dial telephone, LCD TV and ensuite safe. Also standard are elegant and spacious bathrooms and showers. Nobly designed and with stylish furnishings, the rooms and suites are brightened up with selected materials and matching accessories, lending every room an unique individual charm. Come and enjoy a multitude of amenities and services which our library offers, our

indoor swimmingpool 'Königin Luise', the sauna, our Medical Park Shop and our Beauty Parlor.

Relax in the social atmosphere at the Café Mendelssohn or in the Brentano Lounge area. Our culinary masterpieces served at Restaurant Fontane or at the à la carte restaurant are ready to pamper your palate and spoil your taste buds.



## Certification



### Information and service\*

Phone 0 800/1 22 37 00

Fax 0 800/1 22 38 00

\* domestic calls are free of charge

### Physical address:

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[www.medicalpark.de](http://www.medicalpark.de)

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The clinic Medical Park Berlin Humboldt-Mühle is located in the northwest of Berlin city and is easily accessible from all directions – including private car, railway or airplane.

There is a bus stop in front of our clinic, the underground station Alt-Tegel (U6) is only a 5 minutes walk away. For detailed travel directions, please refer to our website [www.medicalpark.de](http://www.medicalpark.de).



Recovery and an overall sense of well-being in a dream location