



MEDICAL PARK

CHIEMSEE

Special clinic for Orthopaedics
Traumatology · Sports Medicine



Recovery and an overall sense of well-being

Medical Park Chiemsee is a recognized specialty center including orthopaedics, traumatology and sports medicine. Comprehensive diagnostic resources, including therapy, rehabilitation and prevention programmes during post-hospital curative treatment, resp. during rehabilitation treatment in patients with orthopaedic and post-trauma and post-surgery conditions are continuously provided for.

Our core competencies include:

- extensive follow-up and continuity of care of orthopaedic, neurosurgical and trauma surgery of accident-related injuries, on an inpatient and outpatient basis
- rehabilitation after joint replacement and spine surgery

- conservative outpatient treatment of acute orthopaedic trauma
- center for treatment of degenerative disorders of the musculoskeletal system
- treatment of acute and chronic pain on an outpatient and inpatient basis
- postoperative care and supply of the amputation stump/prosthetic skills training
- outpatient orthopaedic and trauma-related diagnostics and treatment
- open magnetic resonance imaging
- institute of applied sports medicine and preventive medicine
- diagnosis and treatment of osteoporosis



Dr. med. Marcus Schmitt-Sody (M. D.)
Medical Director and Chief Physician
Lecturer of University



In a dream location

A cordial welcome to the lakefront of Lake Chiemsee, which is also known as the “Bavarian Sea”. Less than one hour away from Munich, this is the place where you still can discover nature’s beauty one of a kind – in an unparalleled landscape. Lakes which are the remains of the glaciers of the great ice age and the fabulous views to the stunning alpine panorama under Upper

Bavaria’s sky number among the most beautiful spots in Bavaria. Magic forests and high moors.

The fairy-tale castle built by King Ludwig II on Herrenchiemsee Island, the 1200 years old Benedictine convent on Frauenchiemsee Island. Scenic views which already fascinated the painters of the early 19th century.

There are no boundaries set to sportive ambitions of any kind. Whether swimming or sailing, rowing or golf, tennis or cycling, mountain-biking or paragliding, guided mountain hiking tours or skiing in winter (downhill and cross-country).



Gaining mobility: Orthopaedics

The spectrum of diagnostics and treatment at Medical Park Chiemsee comprising the areas of orthopaedics, traumatology and sports medicine includes therapy and rehabilitation programmes of/in:

- follow-up care and continuing treatment after surgical interventions, after musculoskeletal injuries and medical-related accident consequences
- congenital and acquired disorders of the musculoskeletal system
- degenerative and chronic inflammatory joint and spine disorders
- orthopaedic disease prevention
- sports injuries

Traumatology

We provide integrated treatment interventions, including specialised treatment and programmes. Our therapeutic objectives are to restore mobility in patients so that they fully optimize their quality of everyday and professional life. Our first priority is to relieve and eliminate pain in our patients.

With respect to technologies, we developed and designed therapeutic facilities meeting high standards: you will have the option to train your motor skills and locomotor skills at the indoor rock climbing wall – in spacious and state-of-the-art equipped gyms in our Department of Medical Training Therapy.





Diagnostic investigations

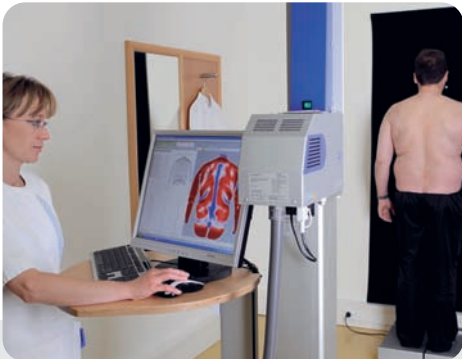
Advanced diagnostic tools are the basis for high-precision analysis to evaluate the present physical condition in patients. The first procedure in the beginning should always be diagnostic investigations – and only after the process of diagnosis has been terminated, individually tailored therapeutic objectives are defined in shared decision-making between patient, physician and therapist.

We provide of state-of-the-art technologies, including diagnostic resources and techniques to evaluate disorders of the musculoskeletal system: this includes also the latest video and computer technology and an open magnetic resonance imaging system.

Technologies for your health

The technical equipment of our clinic meets the highest standards. It also includes:

- open magnetic resonance imaging system
- conventional X-ray diagnostic systems
- digital mobile fluoroscopy system
- computer-aided gait analysis
- measurement of the spine (4D video raster-stereographie)
- sonography of joints and soft tissue structures
- echocardiography, exercise ECG, long-term ECG monitoring, angiography
- isokinetic measure of muscle strength: Biodex dynamometer
- computer-aided gait analysis system (large force platform)
- optical contour digitizer for measurement of foot and insole
- sports science center for physiology assessment of fitness including pulmonary function tests, lactate testing
- DEXA bone density test
- extracorporeal shock wave therapy (ESWT)
- soft-laser therapy





Live a pain-free life

Everybody has the natural right to live as pain-free a life as possible.

Medical Park Chiemsee provides of the most advanced know-how in the treatment of pain. The approach in treatment of pain within the scope of our out-patient and inpatient services includes

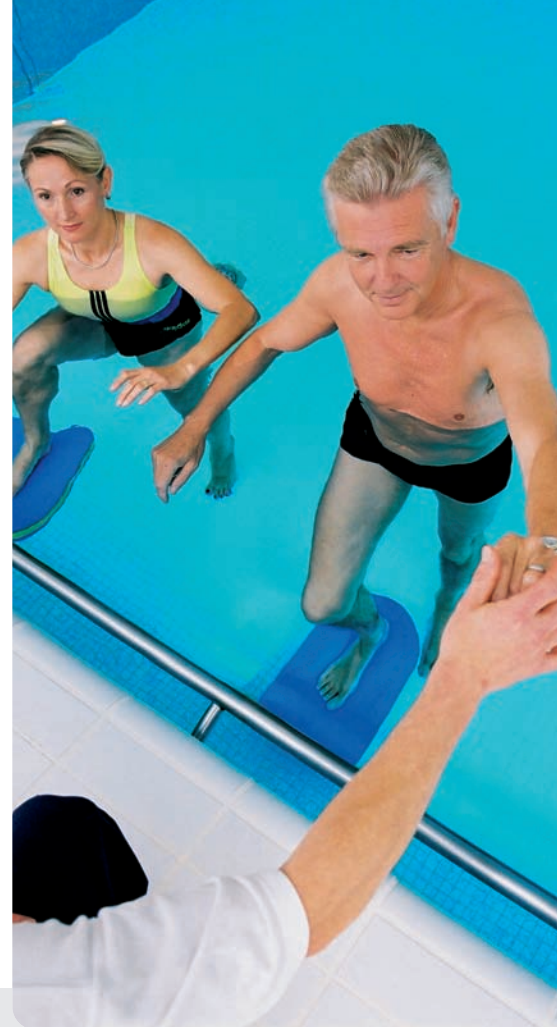
minimally invasive pain therapy, such as caudal epidural injections, facet infiltrations, neural therapy according to Huneke eliminating interference factors (migraine, phantom limb pain), and therapeutic local anesthesia. Our clinic additionally provides of digital X-ray systems and recovery rooms with

hospital beds for subsequent monitoring. Most of the therapeutic procedures in the treatment of pain will thoroughly be documented, following the guidelines and regulations to best practices in pain management.

Therapy

Medical Park Chiemsee applies the latest techniques in physiotherapy and manual therapy. In addition, we offer massages, physical therapy (electrical stimulation, hot packs, ultrasound), lymph drainage therapy, including medical training and occupational therapy.

We employ the whole range of medication schemes proposed by WHO in combination with acupuncture, chiropractic and therapeutic infusion therapy programme. We additionally offer sports therapy programmes including nordic walking, aquatic fitness or archery.





Prevention

Many a people suffer from lack of exercise. Our highest priority is to prevent the consequential "lifestyle diseases". After comprehensive tests have been made, individually tailored exercise programmes and balanced diet plans will be developed by our specialists, for instance in case of overweight, metabolic disorders and stress-related diseases.

The Institute of Applied Sports and Preventive Medicine (ISP) managed on an outpatient basis, provides care in close cooperation with the inpatient departments for patients and athletes suffering from diseases of the musculoskeletal system, the cardiovascular system, the metabolic syndrome and immune system disorders.

Competitive sports

The clinic is also the accredited center for performance monitoring and diagnostic investigations of the Bavarian Olympic Base and licensed by the German Sports Federation.

Top athletes – world champions and olympic champions from all kinds of winter sports are our regular guests, from track and field and from motor sports, including Ronny Ackermann, Marko Baacke, Anni Friesinger, Tobias Angerer, Evi Sachenbacher-Stehle, but

also amateurs and health-conscious sportsmen and sportswomen.

Their ultimate goal is: to maintain their health, to enhance their performance, to prevent injuries. Performance diagnostics include the routine procedures employed in elite sports: such as aerobic and anaerobic exercise tests, strength and power measurements, and biomechanical tests. Their results will be the criteria for future training planning and performance optimization.





Team and technique

Starting with the orthopaedist and accident surgeon, continuing with the rehabilitation physician, the physician of internal medicine with the main focus on cardiology, accredited sports scientist, physiotherapist or psychologist, and ending with the orthopaedic technician – from the very beginning on every single member of our team is anxious to provide you with the best possible support on your way to recovery.

This includes highly qualified care with integrated ward rounds made by health care professionals, and wound care services provided by registered wound care specialists. A collect and return service including visiting services will make your stay even more comfortable.

We care for the optimal fitting of orthopaedic aids tailored to your personal specific needs. We closely collaborate with three orthopaedic technical workshops, acting independently from each other: we specialize in custom fitting of corsets and orthoses, manufacture of insoles and orthopaedic shoes, including technique and after-care of amputations with detailed patient education demonstrating how to use and care for their appliances.

Leisure activities

The nice thing about our rehabilitation center is the fact, that the lake and mountains are near-by. The Chiemgau area offers you everything you have appreciation or are in the mood for.

Lovely beer gardens and events on the Herrenchiemsee Island invite you to take a break and enjoy yourself. The varied mountain scenery welcomes you

to relaxing walking tours or bicycle tours. Whether summer or winter, a wide variety of sports facilities and recreational amenities provide optional outdoor activities, just in front of our resort begins a clearly designated nordic walking trail. Even inside the clinic, we provide for a lot of variety and interesting activities and events, starting with slide shows, staged readings

and vernissages and ending with excursions, language courses, creative courses and playing a game of chess in the courtyard. Protestant and Catholic Church Services are held on a regular basis. And, above all, complete WLAN internet access throughout the building for all rooms and areas is available, including a convenience store that offers shopping on the clinic premises.



Soothingly relaxing, wholesome vitalizing

Listen, accept, give space. Harmonizing body and soul.

It is our first priority to treat you with mindfulness respecting your needs. Speaking of recovery, we associate a special quality with it.

Pamper yourself with an anti-stress massage or autogenous training, beauty treatment or an energy ampoule for skin balance, a manicure, medical pedicure or coiffeur – it is always our great concern to provide you with a wide range of services, which will

assist you to recover rapidly and to overcome mental, physical and energy block formations. The staff at our Medical Park Shop will attend to your every need. Enjoy sauna in our wellness area, you can be certain to have our full attention.





Ambiance

Medical Park Chiemsee stands for a special standard in service, features and quality of our rehabilitation center. We would like you as our guest and patient to live in harmony – harmony within yourself and with your environments. And there is also adequate space for family members supporting you to recover quickly.

We did everything to create an atmosphere where you feel comfortable, bringing your personal needs in line with therapeutic requirements for optimal treatment success.

We cordially welcome you!

Certification



Partnerships



in partnership with the Bavarian Olympic Base



in cooperation with the Bavarian Sailing Association



in cooperation with the Bavarian Taekwondo Union

For reservations from Germany, please contact central reservation services

Phone +49 (0) 800/6 33 72 75

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For reservations from outside Germany, please contact central reservation services

Phone +49 (0) 89/99 82 91 11

Fax +49 (0) 89/99 82 91 12

Medical Park Chiemsee is contractual partner of

- national statutory health insurance providers
- national private health insurance providers
- national statutory pension insurance providers

We provide services in accordance with § 40 SGB V linked with § 111 SGB V:

- rehabilitation and treatment programme (therapy)
- post-hospital curative treatment (AHB/AR)
- outpatient rehabilitation services

Our clinic is licensed for conservative acute inpatient care for patients covered under private health insurance.

Medical Park Chiemsee is a private hospital in accordance with § 30 Gewerbeordnung (trade regulations). Services provided by Medical Park Chiemsee are eligible for financial assistance in accordance with § 6 No. 6 und § 7 of the financial assistance regulations (BHV)

Physical address:

Birkenallee 41

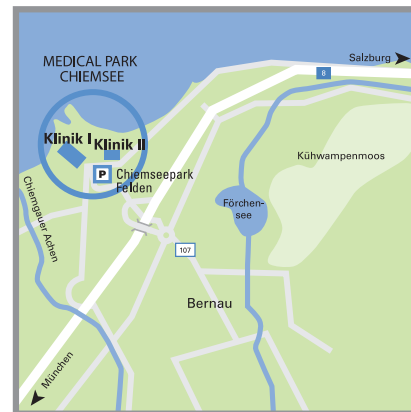
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Medical Park Chiemsee can be reached via Autobahn (motorway) A 8 (Munich/Salzburg), get off the motorway taking exit Felden, or by train, train station Bernau.



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