

## General and Special Orthopedic Procedures I

### Progressive Muscle Relaxation - The Jakobson Method

Progressive muscle relaxation rapidly activates the body's own capacity for regeneration, thereby reducing stress-related dysfunction. It works by both centralizing and generalizing the relaxation process through conscious contraction and release of various muscle groups. Results are often noticeable after only one session and can help alleviate problems associated with anxiety and sleep disorders.



Appropriate for the Following Conditions

- sleep disorders
- headaches
- fatigue
- anxiety
- vertigo
- mild depression
- spinal pain and discomfort
- diminished concentration and memory

### Acupuncture and Homeopathic Therapy

#### Acupuncture

For the treatment of chronic pain and illness, based on the knowledge of chinese medicine.

#### Immunostimulation Therapy

Strengthens the body's own natural defenses. Used in the treatment of rheumatic illness, persistent infections and fatigue.

#### Migraine and Vertigo Therapies

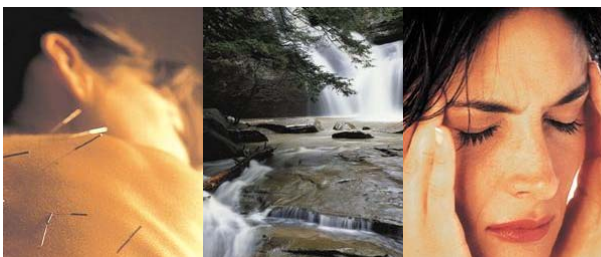
Highly specialized pain management therapies are used to complement conventional therapies.

#### Tinnitus Therapy

We offer conventional and acupuncture therapies.

#### Homeopathic Therapy

Treatment with diluted substances.



## Modern Arthrosis and Arthritis Therapies and Consultation

### General Orthopedic Procedures

- expert examination of the musculoskeletal system
- x-ray diagnostics
- ultrasound diagnostics for children and adults
- bone density testing
- general injury treatment
- sports injuries
- treatment of chronic conditions
- work-related injuries
- physical therapy
- chiropractic therapy
- specialized technical consultation on orthopedic devices
- arthroscopic-orthopedic surgery

### Modern Arthrosis and Arthritis Therapies

We use special injection procedures (the so-called "fluid prosthesis," for example) and pulsating signal therapy to strengthen joint cartilage.



### Orthopedic Fitness Consultation

We work together with you and your trainer to develop fitness programs around your specific orthopedic problems.

### Ergonomic Consultation for Home and Work

We can help you pick out your home and office furniture, bed and car seats based on your specific orthopedic needs.

### Sports Consultation

You can receive orthopedic consultation on fitness programs stressing functional and muscular stability.

## Extracorporeal Shockwave Therapy

### Shockwave Therapy

The procedure involves use of focused ultrasound waves to treat musculoskeletal problems. Complicated surgery and intensive follow-up treatment can often be avoided with this modern, side-effect-free procedure.



Anwendung bei folgenden Erkrankungen:

- stiff shoulder
- tennis elbow
- golf elbow
- calcaneal spur
- calcification of and around joints
- chronic tendon pain