

Rehabilitation in



GERMANY



Foreword

Welcome to Hoehenried Hospital!

With us, you'll receive medical expertise combined with the scenic charm of Bavaria. Our three modern departments of Cardiology, Orthopaedics and Psychosomatic Medicine work closely together, using an integrated treatment concept. In addition, you'll discover that the unique location of the clinic, right beside Lake Starnberg, contributes considerably to your well-being.

Yours, Dr. Christa Bongarth

Medical Director
of Hoehenried Hospital

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Hoehenried Hospital

Hoehenried Hospital is situated approximately 45 kilometres south of Munich right beside Lake Starnberg. The modern, brightly-designed buildings are located in the centre of a spacious park

landscape with wonderful plants and trees and a romantic castle. The lakeside offers walks through wide fields and quiet forests – with a view up to the mountain range of the Alps.



Clinical Departments

The three clinical departments of Hoehenried Hospital work closely together to create an all-embracing care service based on the concept of integrated treatment. In all areas we can offer in-patient as well as out-patient rehabilitation.

Cardiology: Thanks to our wide-ranging treatment spectrum as well as our modern diagnostic equipment, all cardiovascular disorders are in the best of hands.

Orthopaedics: For all diseases of the musculoskeletal system and connective tissue, Hoehenried Hospital has at its disposal the latest scientific expertise as well as a diverse range of therapies and modern equipment.

Psychosomatic illnesses: For mental health problems and psychomatic illnesses you're also in the right place – particularly in the case of depression, anxiety, acute stress disorder, chronic pain or after a traumatic experience.



Cardiology

40 years ago we began as specialists in cardiovascular rehabilitation and today we treat all types of disorders of the cardiovascular system. One of our features is a specialised ward for rehabilitation after heart valve surgery, congenital heart defect surgical treatment, heart transplantational surgery and coronary bypass surgery. Naturally, we are equipped for clinical diagnostics as well as therapy using the most up-to-date methods. We work in close co-operation with the

regional university clinics and heart centres. We treat our patients at all times with specific medical goals in mind and at the same time very individually. Even patients with complex clinical pictures will receive individual advice and expert treatment. Our treatment concept includes widely divergent procedures from kinetic, nutritional and physical therapy as well as psychological treatment and patient education.



Orthopaedics

Our orthopaedic specialists treat all forms of musculoskeletal and connective tissue disorders. All-round know-how and the most modern technology support diagnosis. The diagnostic results will lead to an individually tailored therapy. Specific treatment plans will be adapted to your needs. Besides our most up-to-date scientific expertise, we also offer a range of balneophysical therapies and modern equipment.

Towards the end of your stay in Hoehenried you will receive a personal consultation about further long-term treatment. Here you can learn more about your illness and discover how to take further adequate steps towards well-being and fitness.



Our Specialists

Medical Director and Chief Cardiologist

Dr. Christa Bongarth

Specialist in internal medicine/cardiology,
clinical pharmacology and rehabilitation

Chief of Orthopaedics

Dr. Thomas Gottfried

Specialist in orthopaedics, rheumatology,
sports medicine – acupuncture,
manual medicine/chiropractise,
physical therapy and balneology

Chief of Psychosomatic Medicine

Prof. Dr. Philipp A. Martius

Specialist in psychosomatic medicine,
psychiatry and psychotherapy,
medical quality management



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