



Medizinische Trainings Therapie Osteopathie

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Physiotherapy

Physiotherapy offers a large variety of treatments and techniques, with the purpose to reduce pain as well as to improve muscle and joint functions. Physiotherapists have advanced understanding of how the body moves, what keeps it from moving well and how to restore mobility. Whether rehabilitation after an accident, medical therapy, or for prevention, your physiotherapist uses the treatment most suited for you. In Switzerland a prescription from your doctor is needed.

We offer:

Passive treatment:

Massage, manual therapy, lymphedema therapy, connective tissue therapy, electrical and thermal treatments, , “matrix rhythm therapy”.

Active treatment:

Exercise therapy, medical training therapy (MTT), creating an individual home program, sensomotoric training (inclusive Zeptoring), back training, pelvic floor muscle training (e.g.. after pregnancy), Cybex (eccentric training), improve respiratory and cardiac conditions, ergonomic consultation. Additionally we offer customised weight- and cardio-circulatory exercise programs on a private basis in our fitness area. A test will be made and evaluated before you start exercising..

Osteopathy

The osteopath diagnoses malfunctions and treats these. Depending on the complaints of the patient treatment can take place at three levels:

Joint Normalisation®:

With the purpose to reduce or cure loss of mobility and restriction of the joint through specific reflex-like mobilisations.

Visceral Normalisation®:

The purpose is to balance visceral dysfunctions, if the relevant indication exists. Through specific pressure massage, oscillations, vibrations and palpation the organs will retake their adaptive position and restore their movement.

Chinesische Anthro-Psychology

The functional disturbances of energetic origin can be determined as frequential disturbances of the motility. This will feel like an indisposition of the body (e.g. migraine, back pain, abdominal pain, sleep disorder...) or mind fluctuations (e.g. depressive condition after pregnancy, burnout...). This treatment is related to the classical acupuncture but differs in respect of the field of the dysfunctions

For the treatments listed under Osteopathy a prescription is not needed and they are usually reimbursed under the additional insurance to Swiss obligatory medical insurance ("Zusatzversicherung"), or else funded by the patient himself. Please check first with your health insurance company.

In our practice we speak Swissgerman, German, English, French, Dutch, and some Spanish and Italian.

For further information please contact us:

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