



REHABILITATION PROGRAMMES (7, 14 OR 21 NIGHTS)

Benefit from the 60 years of medical expertise offered by the Leukerbad Clinic in rehabilitation of the locomotor system!

With facilities of the highest quality and extensive expertise, the Readaptation programmes of the Leukerbad Clinic will help you minimise the consequences of an accident or an illness and regain optimal mobility. Offering the best facilities and the greatest expertise, the Leukerbad Clinic has been renowned for decades as a cutting-edge medical centre dedicated to readaptation of the locomotor system, particularly after an operation or trauma, as well as in cases of chronic, degenerative or inflammatory diseases.

Your stay at the Leukerbad Clinic will allow you to benefit from natural elements favourable to the regeneration of your body such as the pure Swiss mountain air, an ideal altitude, and thermal water swimming pools naturally rich in minerals. The serenity of the surroundings provides the assurance of complete discretion.

WHO THIS PROGRAMME IS FOR:

The Readaptation programme of the Leukerbad Clinic is intended for anyone suffering from disorders of the locomotor system, and in particular:

- ✓ Degenerative disorders of the rachis (spondylolisthesis, ankylosing spondylitis, etc)
- ✓ Chronic pain
- ✓ Following an operation (hip, knee, shoulder, ankle replacement)
- ✓ Following an accident
- ✓ Chronic or degenerative diseases (osteoarthritis, etc)

CONTENT OF THE PROGRAMME:

Before your arrival at the Leukerbad Clinic, a doctor and a female coordinator plan the details of your programme. On your arrival at the clinic, a consultation with the doctor based on medical imaging tests, laboratory analyses and the clinical examination allow the complete personalisation of your stay.

HEALTH CHECK-UP

- ✓ Health check-up: comprehensive medical questionnaire and medical history
- ✓ Medical consultation with the doctor in charge
- ✓ Dietetic evaluation
- ✓ Blood test
- ✓ Electrocardiogram and X-ray

TREATMENTS AND THERAPIES

- ✓ Physiotherapy (joint mobilization, passive physiotherapy, movement therapy)
- ✓ Hydrotherapy and balneotherapy
- ✓ Medical therapy through training (fitness, CYBEX eagle and cardio ® equipment)
- ✓ Re-educative group gymnastics
- ✓ Therapeutic massages (mobilization of muscles and conjunctive tissue)
- ✓ Manual lymphatic drainage (LYMPHA-MAT®, gradient intermittent compression for lymphatic drainage)
- ✓ Heat, cold and ultrasound therapy
- ✓ Electrotherapy (Deep Oscillation HIVAMAT®, TENS®, COMPEX®, KNEEHAB® Iontophoresis)
- ✓ Shockwave therapy
- ✓ CON-TREX® isokinetic training
- ✓ Treatment of pain
- ✓ Relaxation
- ✓ Ergonomic proficiency, advice and training in auxiliary methods
- ✓ Clinical psychology: advice and intervention where required, relaxation techniques
- ✓ Prevention and re-education workshops
- ✓ Dietary advice

All treatments are administered by health professionals: nurse, physiotherapist, sports therapist, occupational therapist, masseur, and psychologist. Types of session and their frequency are discussed with the doctor and are planned on an individual basis. Constant medical supervision is provided by a doctor specialising in orthopaedic surgery and disorders of the locomotor system and a specialist in physical medicine and readaptation. The complete medical record is forwarded to you as soon as possible after your departure from the clinic.

Doctors at the Leukerbad Clinic can organise tests and examinations on request for each programme at extra cost.

HOSPITALITY AND SERVICES

- ✓ Premium room or suite with panoramic Alpine views
- ✓ Telephone, safe, Smart TV and wireless Internet (WiFi)
- ✓ All meals at LA TABLE DE GOETHE, our gourmet restaurant offering seasonal dishes and personalised service
- ✓ Concierge service
- ✓ ALPNESS Thermal and Medical Spa: unlimited access to 20,000 square feet of wellness facilities:
 - Two thermal water swimming pools (indoor and outdoor)
 - Sauna, hammam, hydro-massage bath, tropical shower, ice fountain
 - Relaxation and massage rooms
 - Training-based medical therapy centre (Fitness)

Massages, body and facial treatments are also available subject to additional cost.

TYPICAL DAY

Morning

- ✓ Breakfast
- ✓ Training session (fitness) / group gymnastics
- ✓ Specific physiotherapy session

Afternoon

- ✓ Lunch in one of our two restaurants
- ✓ Session in swimming pool
- ✓ Massage

Evening

- ✓ Dinner in one of our two restaurants
- ✓ Entertainment / relaxation



For more information, please contact our reservation department

E-mail: reservations@leukerbadclinic.ch
Phone: +41274725108

We look forward to welcoming you at the Leukerbad Clinic for your programme and will help you to achieve the best results for its completion!