

ORTHOPAEDICS

AT HIRSLANDEN GROUP OF PRIVATE HOSPITALS





The field of orthopaedics is one of the core competences of the Hirslanden Group of Private Hospitals. With our competence centres and specialists we combine knowledge and technologies at several locations in Switzerland.

At the centre of this specialty is the movement apparatus of the human being: all the bones, joints, muscles, tendons and ligaments. Changes in these body parts may be congenital or may be the result of disease. Traumatology concerns itself especially with injuries caused by accidents to the movement apparatus.

Hirslanden specialises in comprehensive treatment from diagnosis to rehabilitation.

This brochure should give you an overview of the services of the Hirslanden Group of Private Hospitals in the area of orthopaedics.

Branch of Orthopaedics

The branch of orthopaedics encompasses a wide range:

- Spinal surgery
- Upper extremities (shoulder, elbow)
- Lower extremities (pelvis, hips, knee)
- Hand surgery
- Foot surgery

Spinal Surgery

The spinal column is the most important central part of the skeleton, and, accordingly, diseases and deformations of the spine impair posture, limit freedom of movement, cause back pain extending into the legs and sometimes lead even to the appearance of paralysis.

Spinal specialists at the Hirslanden clinics carry out the following therapies:

- Treatment of the entire spectrum of degenerative diseases of the spinal column (cervical and lumbar herniated discs, spinal stenosis (narrowing of the spinal canal), spondylolisthesis (slipped vertebra)
- Correction and stabilisation of spinal curvatures (scoliosis, kyphosis, malformations)
- Decompression and reconstruction for tumours and infections of the spine
- Fracture stabilisation and operations to straighten the spine for spinal injuries
- Vertebroplasties for osteoporosis fractures of the spinal column
- Application of innovative (e.g. artificial disc replacement), minimally invasive, microsurgical and partially image supported technologies for the entire spinal column

Upper Extremities

- Arthroscopic procedures on the shoulder joint inclusive of decompression procedures for entrapment syndromes
- Stabilisation procedures for shoulder joint instability
- Reconstruction of the rotator cuff for pain and loss of strength
- Joint replacement for painful shoulder joint arthrosis
- Arthroscopic and open elbow surgery

Hand Surgery

- Nerve compression syndrome
- Operations for arthroses and rheumatic diseases
- Procedures for contractures
- Primary and secondary procedures for flexor and extensor tendon injuries, tendon transfer
- Corrective osteotomies on the forearm and on the hand, treatment of pseudoarthroses
- Tumour surgery, microsurgery

Lower Extremities

- Arthroscopic and minimally invasive procedures on the hip joint for sports injuries and beginning deterioration
- Osteotomies on the pelvis and on the hips
- Hip joint replacement for painful arthroses
- Revision surgery for loosened hip prostheses
- Knee arthroscopies, arthroscopically assisted cruciate ligament reconstructions
- Cartilage replacement operations
- Stabilisation procedures on the extensor apparatus for patellar luxations (dislocations of the knee cap)
- Periarticular axial corrections of the knee
- Knee joint replacement for knee joint arthroses

Ultramodern **navigation systems** are used in orthopaedic surgery. These assist the surgeon from the planning to the operation with precise three-dimensional bone models, e.g. during the implantation of hip and knee total endoprotheses. These navigation systems open up new opportunities for the surgeon to elevate their quality standards: the precision of the implantation is increased as a result and the operation outcome improves accordingly.





Foot Surgery

- Correction of defects of the forefoot and hindfoot
- Stabilisation procedures on the upper and lower ankle
- Prosthetic ankle replacement for severe forms of arthrosis
- Achilles tendon ruptures

For optimal treatment of orthopaedics patients it is eminently essential that specialists in pain therapy, neurosurgery, rheumatology, rehabilitation, neurology and internal medicine work together in close alignment as a team.

We place great value on a safe and discrete atmosphere in our clinics. In order to make your stay as pleasant as possible, we provide top performance not only for individual support and care but also in the hotel and guest services area.

In collaboration with your physician we provide the necessary follow-up examinations after your operation.

In order to ensure professional continuity of care and the long-term success of the therapy after your hospital stay we have selected rehabilitation clinics as our partners throughout Switzerland. They fulfil our highest standards for quality and work closely together with Hirslanden.

Hirslanden Group of Private Hospitals

Seefeldstrasse 214

8008 Zurich

Switzerland

+41 (0) 848 333 999

healthline@hirslanden.ch

www.hirslanden.com

