

uniklinik
EXPERTISE IN MOTION *balgrist*

Balgrist University Hospital Forchstrasse 340 8008 Zürich Switzerland
Tel +41 44 386 11 11 Fax +41 44 386 11 09 info@balgrist.ch www.balgrist.ch

Swiss Excellence in Orthopaedic Surgery and Paraplegiology



uniklinik
EXPERTISE IN MOTION *balgrist*



University of Zurich



Beautiful Scenery for Medical Excellence

Located on a hill above the city of Zurich, Balgrist University Hospital/Uniklinik Balgrist offers a superb view onto Lake Zurich and the Alps. On a clear day, those eternally snow-covered peaks seem close enough to touch. Despite the serene backdrop, Zurich is also a buzzing international financial center. In downtown Zurich, only minutes away from Balgrist University Hospital, the banking district neighbors Zurich's world-famous Bahnhofstrasse with its exclusive fashion boutiques, watchmaker's and jeweler's stores. However, it's not only excellent shopping facilities that made Zurich one of Europe's top destinations: The city also harbors an opera house, a concert hall, a theater and several museums, all of international renown, and all to be found within a «cultural mile». Not to mention first-rate hotels and restaurants to satisfy the sophisticated demands of guests from around the world. Finally, Balgrist University Hospital is only a short taxi ride away from Zurich International Airport. In half an hour at the most, you will be here to enjoy our expertise and hospitality.

Welcome

Balgrist University Hospital is happy to welcome you to Zurich, Switzerland's economic, cultural, and academic center. Funded by an independent private association, Balgrist University Hospital is committed to the highest quality and performance standards in diagnosing, treating and rehabilitating patients suffering from musculoskeletal impairments. Since Balgrist University Hospital is dedicated to musculoskeletal conditions, you can be sure to be taken care of by highly specialized experts who are always at the cutting edge of the latest methods and technologies, optimally implementing them to comprehensively care for you. More and more patients from all over the world choose our Hospital. Of course, they value the leading position in musculoskeletal medicine we represent, but they also appreciate the amenities, discretion and safety we guarantee. At the same time their families or companions can enjoy the wide range of cultural, gastronomic, and shopping possibilities which the charming city of Zurich has to offer. All our staff members are looking forward to welcoming you at Balgrist University Hospital and to fulfilling all your wishes.

Prof. Dr. med. Christian Gerber
FRCS (hon), Medical Director
Chair of Orthopaedics
at the University of Zurich

Dr. Serge Altmann
Managing Director





Balgrist University Hospital: Cutting-Edge Musculoskeletal Medicine in Switzerland

Founded in 1912 as a private institution, Balgrist University Hospital ranks among the pioneers of orthopaedic surgery in Europe. Switzerland's most eminent orthopaedic surgeons of international renown were trained here: professors Maurice E. Müller, Bernhard G. Weber, Erwin Morscher, Norbert Gschwend and W. Taillard, to name but a few. This pioneering tradition has become a commitment. In recognition of its outstanding achievements, «the Uniklinik Balgrist» was awarded today's status of a University Hospital for Orthopaedic Surgery in 1945. Since then, the medical director of Balgrist University Hospital also holds the chair of orthopaedics at the University of Zurich. In 1990, Balgrist University Hospital inaugurated its Spinal Cord Injury Center, whose chief physician holds the chair of paraplegiology at the University of Zurich. Acknowledged to be one of the world's leading expert institutions for diagnosing, treating and following up defects of the musculoskeletal system, Balgrist University Hospital owes its uncontested reputation to the unique combination of state-of-the-art medical services it offers. Under one roof, we maintain a carefully fine-tuned interdisciplinary network merging orthopaedics, paraplegiology, physical medicine, rheumatology, radiology, and anesthesiology into one seamless whole. A large number of our medical staff are professors or lecturers at the University of Zurich. This enables Balgrist University Hospital to maintain ongoing intensive research and clinical collaborations with leading universities and hospitals such as Harvard Medical School. The results of this high-level international cooperation directly benefit our patients.



Orthopaedics. In the Department of Orthopaedics at Balgrist University Hospital, specialized teams consisting of physicians, rehabilitation specialists, and nurses are dedicated to diagnosing and treating any locomotor disorder or injury and its sequelae. Each team specializes in one region or organ of the human musculoskeletal system. Thus, dedicated shoulder/elbow, hand, knee, foot, hip/pelvis, and spine teams as well as a pediatric, tumor, and prosthetic/orthotic team guarantee highest specialization and expertise for each musculoskeletal problem of each individual patient. Complex problems affecting several joints are addressed by all respective orthopaedic teams in collaboration with specialists of the Hospital's other divisions. We will do our utmost to enable patients to return to their normal daily routine as fast as possible – free of pain and impairments. Balgrist University Hospital performs roughly 4000 orthopaedic interventions a year, their spectrum ranging



from standardized to computer-assisted to highly sophisticated surgery using minimally invasive endoscopic or microscopic techniques. Our expertise in spinal, joint-preserving and joint replacement surgery is internationally outstanding, and Balgrist University Hospital is considered to be one of the world's top addresses for revision surgery. Our own successful research efforts enable us to stay abreast of all relevant novelties in orthopaedics. Colla-

borating with various institutions on an international level, we develop new diagnostic and treatment methods and introduce them into clinical medicine. It is this network of clinical practice and academic achievements which makes Balgrist University Hospital one of the world's leading orthopaedic hospitals.

Spinal Cord Injury Center

Our Spinal Cord Injury Center offers comprehensive care ranging from emergency treatment to long-term rehabilitation. Primary care as well as efficient early rehabilitation of patients after spinal cord injuries is provided by a multidisciplinary team of physicians, nurses and therapists specializing in neurology, urology, orthopaedics and internal medicine. Thus, Balgrist University Hospital covers all medical areas required for expert early treatment of spinal cord injuries, starting with neurological diagnosis, continuing with orthopaedic spinal cord stabilization and including intensive care with artificial respiration if necessary. In the course of subsequent rehabilitation measures, we strive to guide each patient to a life of mobility and independence to the highest degree possible. We have reached a point where up to 85% of all patients are able to work at least part-time after the accident. A substantial contribution to this success is made by our carefully adjusted functional occupational and physiotherapeutic programs. Evidently, well-aimed diagnostic and treatment procedures provide the basis for it all. Gait training using our «Locomat» gait robot or arm training using our «Armin» arm robot – both developed at Balgrist University Hospital – complement the work of our therapists. Such treatments, partly developed in our research unit at Balgrist University Hospital, grant patients an increase in safety and quality of life next to specific improvements achieved by treatment in the fields of cardiovascular, bladder, bowel, and sexual functions. Our social workers, careers advisors and psychotherapists will help to enable paraplegic patients to lead an independent life despite the far-reaching changes in their professional and living situations. After discharge from our Spinal Cord Injury Center, patients can rely on our outpatient clinic for regular check-ups. Balgrist University Hospital cares for its paraplegic patients, lifelong and anytime.





Physical Medicine and Rheumatology. The Department of Physical Medicine and Rheumatology at Balgrist University Hospital is accredited by the European Board of Physical Medicine and Rehabilitation and is specialized in non-invasive treatment modalities for musculoskeletal disorders. Conservative therapy options available in this department enable its medical staff to care for a wide range of rheumatic conditions such as rheumatoid arthritis, ankylosing spondylitis, degenerative diseases of the musculoskeletal system, or osteoporosis. For patients undergoing surgical interventions, individual treatment programs are designed by highly qualified physiotherapists in close cooperation with our medical staff in order to optimize the rehabilitation process and a patient's reintegration into everyday and professional activities. These customized rehabilitation programs are supported by a first-rate therapy infrastructure including modern treatment rooms, a well-equipped gym, two swimming pools and early rehabilitation facilities to increase strength and endurance. Once a surgical intervention on the musculoskeletal system has been successfully performed, Balgrist University Hospital provides any treatment modality that modern physical and rehabilitative medicine have to offer in the postoperative period. Owing to close in-house collaboration between surgical and non-surgical medical staff, patients are guaranteed to recover in the shortest amount of time possible.

Radiology. The radiology division at Balgrist University Hospital specializes in imaging of the musculoskeletal system. Supporting the Hospital's other divisions with fundamental diagnostic information, it makes a vital contribution to patient care. To do so, our radiologist team uses state-of-the-art equipment, particularly for magnetic resonance imaging (MRI) and computed tomography (CT). In all of Europe, Balgrist University Hospital is one of the first institutions to run an ultrashort magnet (125 cm/50 in) and to use a color lighting system as an essential part of relaxing patients during computed tomography examinations. In addition to diagnostic imaging, radiologists also perform image-guided injections for pain management as well as biopsies to help diagnose infections or tumors. Last but not least, standard radiographs are an important part of radiological activities which include many specialized projections required for orthopaedic and rheumatologic diagnosis, therapeutic planning and quality control.

Anesthesiology. When patients enter Balgrist University Hospital to undergo surgery, its team of experienced anesthetists is at their side before, during and after the operation. The specialists of our anesthesiology division determine whether a patient suffers from allergies or insufficiencies, they select the appropriate medication, and they monitor the actual surgical intervention. They also take care of postoperative pain management, an area in which the Balgrist anesthesiology division has developed methods setting the trend on a worldwide basis. Relief for patients afflicted by chronic pain is part of their expertise as well.



Wellbeing and Safety for Our Guests. We consider our private patients to be our guests, and we want them to feel this way. That's why we completely focus on your needs. Assisted by our room service personnel, our highly qualified and multilingually trained nursing staff will do anything to render every patient's stay at Balgrist University Hospital as pleasant as possible, both before and after a surgical intervention. Our private rooms have been tastefully designed to offer the all-around comfort expected of a top hotel. You will enjoy the splendid view onto Lake Zurich and the Swiss Alps from every room. Upon request, these amenities may also be enjoyed by family members of our patients, if they wish to stay in the same room. Balgrist University Hospital hotel services prioritize serving meals that are very carefully adjusted to a patient's state of health. However, our chefs are masters at turning their bland diet meals into just as much of a culinary delight as their daily à-la-carte creations. Of course, meals are also prepared in accordance with a patient's religious rules. All in all, the management of Balgrist University Hospital has made it its first and foremost duty to create an atmosphere in which private patients will feel good and safe, taking only the best memories with them once they leave our hospital.



Continued Service after Leaving.

Very early on, many of our patients from abroad decide to combine their stay at Balgrist University Hospital with holidays in Switzerland. They want to make sure they have enough time and leisure to recuperate completely before returning to the demands of everyday life. We are happy to assist our guests in planning this post-hospital phase as well. In order to cater to our patients' every wish, Balgrist University Hospital has entered into partnerships with five-star

hotels in Zurich and Switzerland's most scenic regions. Moreover, Balgrist University Hospital collaborates with select Swiss rehabilitation clinics. Whenever follow-up rehabilitation measures seem advisable from a medical point of view, we will arrange for patients to be referred to the one best suited to their needs. Whether you indulge in relaxed idling or follow a well-targeted rehabilitation program, your time in Switzerland will be a pleasant, restful and enjoyable experience for both you and your family.