

## Welcome !

It will be our pleasure to offer you advice on health and to treat you in a professional manner all the while embracing a co-operative approach to different forms of treatment.

Our medical centre offers a range of sophisticated medical services and treatments enabling you to stay healthy. We are in a central location and readily accessible by public transport.

## MEDICINE

### **Services provided in family medicine**

All aspects of family and general medicine, including treatment of wounds and post-operative care. Check-ups of adults and children, regular vaccinations and also for information and prophylaxis for travel. X-ray referrals, ECG and full blood checks, etc. Driving tests for local authorities. Diagnostics and treatment of acute or chronic joint or back pains.

### **Services provided in specialised nutritional medicine**

Metabolic tests, diagnosis of the metabolic syndrome, blood tests, internationally recognized tests for determining body composition, e.g. DXA, BIA-Analysis. Team approach and co-operation with other specialists, e.g. with psychologists for eating disorders, with dieticians. Individually tailored weight loss programmes, determining suitability for surgical treatment of obesity and providing follow-up treatment and supervision. Introducing physiotherapy to treatment and performing a range of tests to determine performance from stress-ECG with or without lactate determination and stress tests with exercise bikes. Counselling on training for clients with medical conditions or for those wishing to improve their health.

### **Sports medicine – injuries resulting from accidents in sport**

Our vision on sports medicine: Modern medicine looks upon the human being as a whole. Our well-being and motivation depends a lot on our fitness and it is our aim to improve these. We can support you in an inter-disciplinary fashion to reach your targets with methods ranging from prevention to surgical treatment and rehabilitation procedures. We will be happy to refer you to appropriate specialists.

We offer you the following diagnostic procedures:

- Physical examination with emphasis on sports medicine
- Relevant laboratory blood tests
- Determination of BMI and fat distribution
- Electrocardiogram (ECG)
- Stress-ECG with / without determining lactate
- Lung test ( spirometry)
- Lactate test on bicycle or treadmill

- Quattrojump: Test of strength and speed
- Exhaustion test of body strength
- Session with the sports-physiotherapist
- Plan for your training covering 3 months

## **Medical diagnostics of back problems**

Back problems are very common and can often be treated without surgery. It is important to consult the doctor early to reach a diagnosis or to find a cause in order to treat the condition correctly. We are in a position to offer so-called conservative methods treating pain and minimally-invasive or surgical solutions to certain back problems.

## **Examinations using ultrasound**

Many examinations previously conducted by X-ray are now performed by ultra-sound diagnostics (sonography). This is a method free from radiation or pain and very acceptable to the client.

Upon referral from your GP we will be happy to provide these and a number of specialised sonographic procedures.

## **NUTRITIONAL COUNSELLING AND COACHING**

A balanced diet is key to success. We will be happy to help you get to grips with your health-related concerns, be it obesity or that you wish to stay healthy and prevent disease. Our certified dietician is qualified to advise you on a range of topics from diabetes, pregnancy, in old age or for best results in sports. The instructions are tailored to your needs and you can profit from these in everyday life.

We offer: Counselling for individuals or groups, measurement of metabolic base rate, determining fat distribution (BIA), lectures and workshops, individual coaching and for purchasing and restaurants.

Our philosophy: The frustration and yo-yo effect often resulting from dieting can be avoided by careful analysis of eating habits, targets and requirements and by adapting eating habits on a long-term basis. We will accompany you in achieving your goals with the help of our experience and using the latest research findings.

## **PHYSIOTHERAPY**

We offer the following specialist services:

- Rehabilitation following trauma or post-operative
- Manual-therapy, activating therapy
- Pressure or trigger point therapy
- Galvano and heat therapy
- Balneotherapy in warm water in the extensive pools of the Fitnesspark Eichstätte on-site

- Hand and back therapy
- Extended training over a longer period with loose supervision by physiotherapist (MTT)
- Physiotherapy tailor-specific for your particular sport, counselling and planning of training
- Pelvic exercises and rehabilitation

## OSTEOPATHY

Osteopathy is a holistic and gentle form of therapy using the hands to uncover possible causes of sickness and also to treat these ailments. The osteopath concentrates more on the causes of the disease than on the symptoms and seeks to mobilise the intrinsic self-healing powers of the sufferer. This holistic approach makes osteopathy increasingly popular.

## TRADITIONAL CHINESE MEDICINE (TCM)

Under this label we offer:

- Acupuncture
- Counselling in diets and nutrition
- Acupressure
- Blood-letting (ba guan)
- Massage (gua sha)

Our TCM therapist has specialised himself in:

- Traumatology in sports
- Back and joint-pains and conditions
- Digestive disorders
- Allergies
- Headaches, migraine
- Stress disorders , depressive moods
- Infertility, menstrual problems
- PMS, post-natal depression, menopausal conditions
- Impotence

## BIOMECHANICS

We are in a fortunate position to offer the complete range of specialist services (analyses of motion and gait, inlaid supports for foot disorders etc) with our in- house professionals in biomechanics, sport scientists and orthopaedic specialists.

Our competent team is pleased to offer:

- Initial discussion on amount and direction of training and equipment for different situations
- Alignment and static situation of feet, knies, pelvis and vertebral column
- Measurement of plantar muscles (soles of the feet) in static and dynamic mode
- Measurement of pressure on different parts of foot and in motion
- Assessment of gait on video
- Consultation with client on results and discussion on further possibilities
- Recommendations based on the analyses are tendered and treatment with supports, change or adaptation of shoes or exercises for the feet are suggested.

## MASSAGE

Although classical massage is an age old form of treatment, it is also an indispensable ingredient for improving one's sense of well-being, performance and for maintaining health.

There are a number of techniques which can be applied to relieve:

- Muscular tension causing headaches, neck and backpain
- Enhance performance in sport and to aid regeneration
- Relax from stress and pressure and regain harmony of self
- Rheumatic and joint pains
- To help in the rehabilitation after trauma or post-operative
- Dysfunctional symptoms
- Lymphatic problems

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