

OTHER SERVICES IN OUR PRACTICE

▶ Acupuncture

For joint/back pain, tendon and muscle pain, arthritis/strain injury, migraine/tinnitus, smoking cessation, weight reduction and hay fever prophylaxis

▶ Computer-assisted, digital foot pressure measurement

For fitting of custom-made orthopaedic shoes and insoles to treat defective statics in the foot, congenital and acquired deformities of the foot, heel spurs, plantar fasciitis, pain in the knee, hip and spine

▶ DEXA Bone Densitometry

For early diagnosis and monitoring of osteoporosis, especially in cases of hormone deficiency, lack of physical activity, fractures, chronic back pain, smokers, diabetes mellitus, chronic gastric and intestinal diseases and underweight

▶ Extracorporeal Shockwave Therapy (ESWT)

With low-energy, focussed sound waves, e.g. for tennis-/golf elbow (epicondylitis), shoulder pain (tendinosis calcarea), heel spur/plantar fasciitis, chronic irritation of the patellar and Achilles tendons, bursitis, muscular tension (myogelosis) and delayed healing of bone fractures (pseudarthrosis)

▶ Cartilage Protection Therapy

Cartilage regeneration with hyaluronic acid to treat cartilage damage in all large and small synovial joints due to injury or wear-related degeneration

▶ Milgamma

Intramuscular injections of Vitamin B1, B6 and B12 to strengthen the body systems (roborant) and for nerve inflammation (neuritis), nerve pain (neuralgia), polyneuropathy (e.g. due to diabetes, alcoholism, etc.), muscle pain (myalgia), root irritation syndrome in the spine (radicular syndrome), shingles (Herpes Zoster) and facial nerve paresis

▶ Special Pain Therapy (PRT)

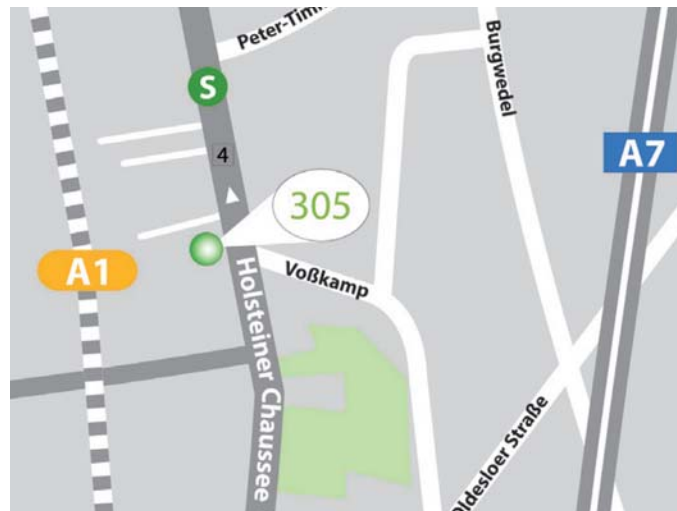
CT-guided injections for patients with disc problems and chronic back pain

▶ Zeel Injection Therapy

Homeopathic cartilage stimulation to improve its firmness and gliding quality in patients with osteoarthritis and rheumatic pain

MORE INFORMATION: 49(40) 550 12 14

HOW TO FIND US



Our Practice in Schnelsen

Holsteiner Chaussee 305 | 22457 Hamburg
Phone: 49(40) 550 12 14 | Fax: 49(40) 550 75 82
info@orthoclinic-hamburg.de

Opening Hours

Monday–Wednesday | 9.00 a.m. – 6.00 p.m.
Thursday | 8.00 a.m. – 7.00 p.m.
Friday | 9.00 a.m. – 2.00 p.m.

Our Practice in the Evangelisches Krankenhaus Hamburg Alsterdorf

Elisabeth-Flügge-Straße 1
22337 Hamburg
Phone: 49(40) 507 732 33
Fax: 49(40) 507 749 71



WWW.ORTHOCLINIC.HAMBURG

PATIENT INFORMATION



Bone Density Measurement

(OSTEODENSITOMETRY)

Innovative technology, e.g. to detect osteoporosis

Individual Health Services (IGeL)

WWW.ORTHOCLINIC.HAMBURG

BONE DENSITY MEASUREMENT

Dear Patient,

Are you suffering from chronic back pain? Do you have a high tendency to bone fractures if you fall or even when you are performing some simple physical activity like carrying or lifting heavy objects? Is your mobility restricted? Has classical medical therapy not achieved satisfactory results?

Bone density measurement offers a quick and easy way of detecting loss of bone substance, also known as osteoporosis, at an early stage. Osteoporosis is an insidious, slowly developing bone disease. In Germany, roughly one in three women and one in five men over the age of 50 have osteoporosis. When the mineral content of bone declines, the bone loses stability. In addition to bone fractures, the consequences may also be pain in the bones or loss of height. As well as taking medication, there are nowadays various things you can do to ensure a positive development in your bone substance. These include eating a balanced diet, rich in calcium and Vitamin D.



Pictures: © Shutterstock, Fotolia

Bone densitometry using the DEXA method, a special X-ray technology, is currently the only measuring method for diagnosis of osteoporosis which is recognised by both the WHO (World Health Organisation) and the DGO (Deutsche Gesellschaft für Osteologie – German Society for Osteology).

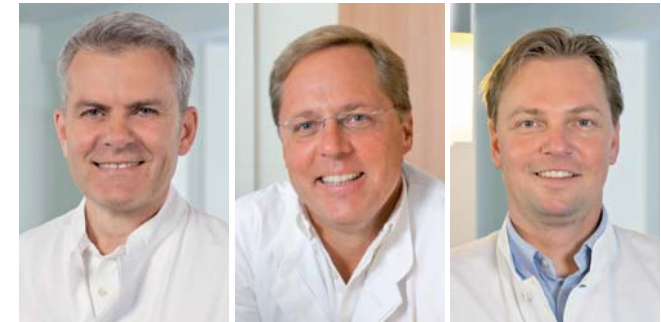
The radiation exposure is very low and comparable to the quantity of natural radiation which all human beings are exposed to per week. All other methods currently used for bone density measurement involve a higher radiation exposure and/or have a lower informative value.

Bone densitometry is not able to predict or exclude bone fracture exactly, but the degree of bone density indicates how great the risk of fracture is in comparison with that of the “normal bone” of people of the same age. In combination with other examination findings and risk factors it enables us to evaluate your individual personal risk.

INDIVIDUAL CONSULTATION

We take time for you

Our medical team at the ORTHOCLINIC HAMBURG consists of experienced specialists in the medical fields of orthopaedics and orthopaedic surgery, accident/trauma surgery, sports medicine, chirotherapy, acupuncture, manual medicine, osteopathy and special pain therapy. Our aim is to provide competent treatment specifically focussed on the individual problem of each patient. We want to find the best possible solution for you with minimally invasive therapy techniques.



Dr. med. W.-P. Niedermauntel

Prof. Dr. med. A. Katzer

Jörg Rump

Fair and transparent

We offer Bone Density Measurement as part of our Individual Health Services (IGeL). These are treatments which are to be recommended from the medical point of view, but which are currently not included in the list of therapies covered by statutory health insurance.

Bone density measurement

59,63 Euro

After the treatment you will receive a detailed invoice. Private health insurances usually cover the cost of this procedure on application (available in our practice). Please ask our staff for more information. Our practice team will be glad to give you advice and arrange appointments at times which are most convenient for you.