

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)

▶ 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)

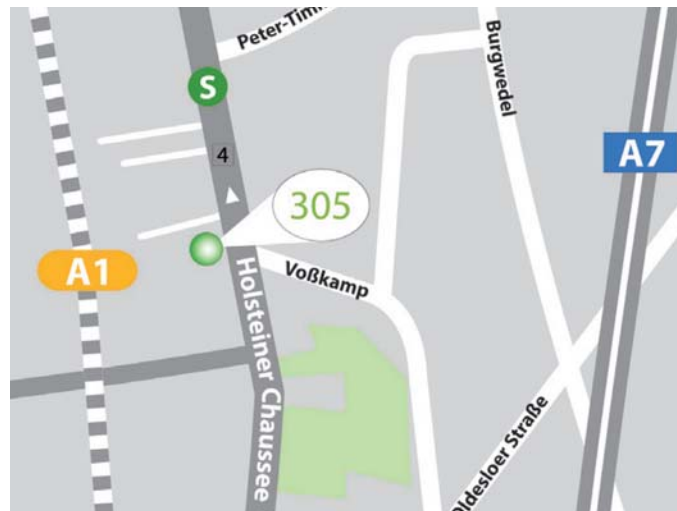
CT-guided injections for patients with disc problems and chronic back pain

▶ 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



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PATIENT INFORMATION



Cartilage Protection Therapy

WITH HYALURONIC ACID FOR OSTEOARTHRITIS

Individual Health Services (IGeL)

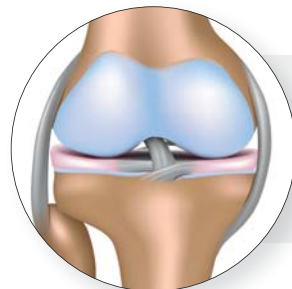
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Dear Patient,

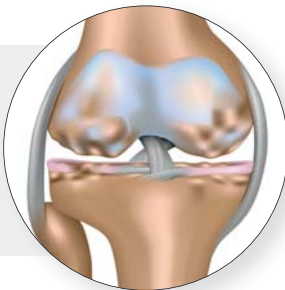
Are you suffering from chronic, painful degenerative arthritis in your knees or other joints? Has classical arthritis therapy not achieved satisfactory results?

Treatment with hyaluronic acid offers good chances of bringing your problem under control. Hyaluronic acid leads to natural regeneration of joint cartilage, elimination of painful inflammation and a lasting improvement in the function of the joint.

The synovial fluid in the joint serves to nourish the cartilage. It is a gel-like, viscous fluid with a lubricating and shock-absorbing quality which prevents friction in the joint. With age, the body's own hyaluronic acid chains become shorter, resulting in a reduction in elasticity and lubrication. At the same time, the water content of the cartilage diminishes and the smooth surface of the cartilage becomes brittle. The result is cartilage damage, the joint surfaces rub against each other and arthritis progresses.



Healthy knee:
Friction between the joint surfaces is reduced to a minimum. Movement is pain-free.



Arthritic knee:
Wear and tear of the joint cartilage leads to painful and restricted movement.

The Effect of Cartilage Protection Therapy

- ▶ Improvement in the shock-absorbing, lubricating quality of the synovial fluid by injection of active, long-chain hyaluronic acid molecules.
- ▶ Hyaluronic acid is injected directly into the affected joint where it forms a protective film on the affected cartilage surfaces.
- ▶ The depot of hyaluronic acid restores the elasticity and shock-absorbing function of the cartilage.

Cartilage re-building therapy should be carried out at the first sign of arthritis-related joint pain. Many studies have reported that the beneficial effect begins quickly and lasts for 6–12 months; e.g.: T. Kausch et al.: Intraartikuläre Hyaluronsäure zur Behandlung der Arthrose. Orthopädische Praxis 46:5 (2009). ["Intraarticular hyaluronic acid for treatment of osteoarthritis"]

We take time for you

We offer Cartilage Protection Therapy 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.



Dr. med. W.-P. Niedermauntel Prof. Dr. med. A. Katzer Jörg Rump

Fair and transparent

We offer the following options:

One single injection of hyaluronic acid	414,84 Euros
or	
Series of 5 injections of hyaluronic acid at weekly intervals	373,95 Euros
or	
For small joints: a series of 3 injections of hyaluronic acid at weekly intervals	177,51 Euros

Private health insurances cover the cost of this therapy in accordance with the German Physicians' Fee Schedule (Gebührenordnung für Ärzte (GOÄ)).

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.