

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)

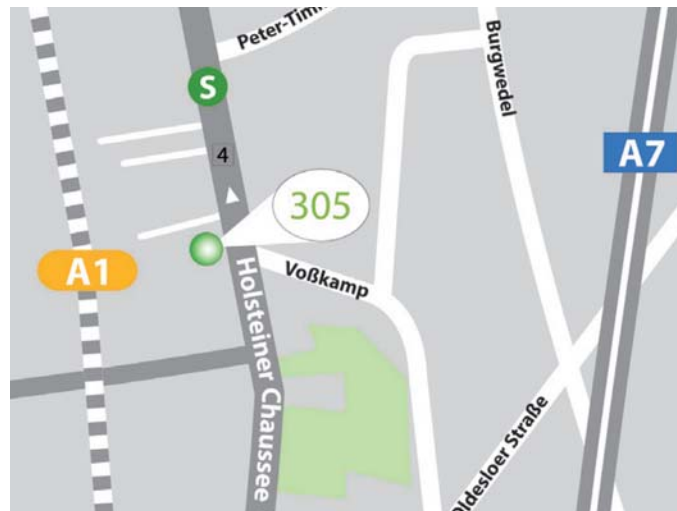
CT-guided injections for patients with disc problems and chronic back pain

▶ 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



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PATIENT INFORMATION



Pain Therapy for the Spine

PERIRADICULAR THERAPY (PRT)

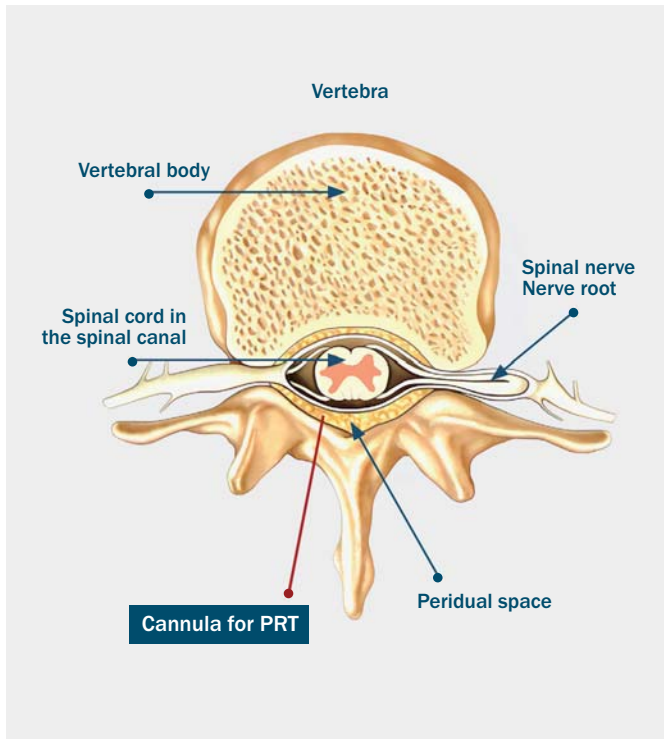
One Practice and Two Clinic Locations

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Dear Patient,

Periradicular therapy (PRT) at the cervical or lumbar spine has been recommended for you. PRT is a minimally invasive pain therapy procedure. With the patient under local anaesthesia, a fine needle is inserted into the back and medication is applied directly to the irritated nerve root close to the spine. This treatment can be repeated several times – depending on the patient’s symptoms – so that an operation can be avoided.

In most cases, all pain originating in the nerve roots, e.g. due to disc protrusion or a slipped disc, moderate narrowing of the spinal canal (spinal stenosis) or scar formation after spinal surgery as well as acute or chronic lumbar pain (lumbago), can be easily and reliably treated.



Pictures: © shutterstock.com

Since 1st April 2013 statutory health insurances unfortunately no longer cover the full cost of this treatment, and the cost of CT-guided PRT only if prescribed by a pain specialist.

Patients can undergo PRT in our practice without referral by a pain specialist. The procedure is performed in accordance with the guidelines of the statutory health insurance schemes without visual monitoring and without cortisone. During the procedure anatomical landmarks are used for orientation. This method also produces good results, but the effect is unfortunately not as long-lasting.

PRT is especially effective and long-lasting only when it is performed with injection of cortisone under CT-guidance. The visual monitoring enables injection of depot-corticosteroids precisely at the damaged nerve root without risk to any neighbouring structures. This method, carried out in a radiology practice, makes it possible to achieve a high locally effective dose.

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

CT-guided PRT is a private medical service which is not covered by statutory health insurance.

PRT of the cervical spine costs € 96.02 per session and level, and of the lumbar spine € 119.10.

Payment of the cost of CT-guidance is extra and must be made direct to the radiology practice. Depending on the intensity of pain, usually 3 – 5 sessions are necessary.

Please contact us if you have any questions. We will be glad to help you.