

## 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)

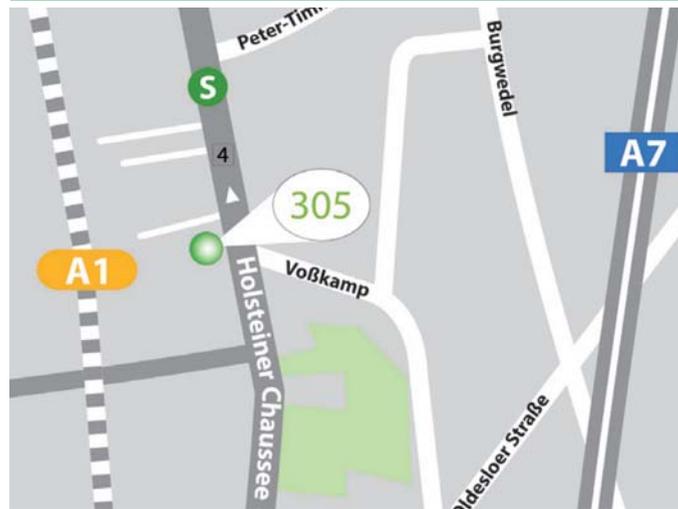
CT-guided injections for patients with disc problems and chronic back pain

### ▶ 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



## Extracorporeal Shockwave Therapy

*The innovative technology for treatment  
of tennis and golf elbow, shoulder pain  
(especially due to calcification)  
heel spurs and other diseases of the tendons*

Individual Health Services (IGeL)

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## EXTRACORPOREAL SHOCKWAVE THERAPY

### Dear Patient,

Do you suffer from chronic irritation of the tendon insertions, e.g. tennis or golf elbow, heel spur or shoulder pain? Has classical medical therapy not achieved satisfactory results?

### Extracorporeal Shockwave Therapy

- ▶ offers a good chance of bringing your problem under control
- ▶ has no side effects according to current scientific research
- ▶ activates the body's own mechanisms for self-healing
- ▶ has a success rate of over 70%



Pictures: © Shutterstock



### How does the therapy work?

During extracorporeal shockwave therapy (ESWT) soundwaves are bundled through an acoustic lens and focussed on the affected part of the body.

Normally, 3,000 impulses are applied to the body in each treatment session. This may be slightly painful, but the pain sensation can always be kept within a tolerable range thanks to the adjustable energy. The body reacts to the ESWT with increased metabolism in the painful area. Chronically irritated nerve fibres are "re-tuned", healing processes stimulated and accelerated.

Study statistics show a success rate for healing and pain relief in 67% of patients.

## 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 Extracorporeal Shockwave 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.

The therapy costs 86.27 Euros per session. Usually, 3 – 5 sessions are necessary for the therapy to be successful. 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.