



We take care about you and your health

Medical Center am Kofel

in the Gesundheitszentrum Oberammergau

www.gesundheitszentrum-oberammergau.com

Cardiology
Pneumology
Orthopaedics

Your direct line for information/reservation:

49 (0) 88 22 / 78 - 4 33

E-Mail: reservierung@gesundheitszentrum-oberammergau.com

To help is not only our job, but also our passion!

Gesundheitszentrum Oberammergau – Klinik am Kofel

Medical center for prevention and rehabilitation with special focus on cardiology, pneumology and orthopaedics



Head physician pneumology
assistant medical director
Dr. med. Peter Pommer
Internist, pneumologist



Head physician cardiology / medical director
Dr. med. Dipl.-Psych. Jürgen Grundnig
Internist, cardiologist, social medicine,
licensed psychological psychotherapist



Head physician orthopaedics
Dr. med.
Jens-Michael Rusch
Specialist for orthopaedics

The Medical Center am Kofel in the Gesundheitszentrum Oberammergau is one of Germany's leading addresses in the field of rehabilitation. Here you will find under one roof specialist departments for cardiology, pneumology and orthopaedics. You will be under the professional and individual care of a team of highly qualified and experienced doctors and therapists.

Based on diagnosis at the highest level we develop together with you an individual therapeutic plan. In case of emergency there all medical facilities are available up to intensive monitoring with the possibility of artificial ventilation.

Basis of all our measures of rehabilitation is the holistic understanding of human being, that besides the specific disease, takes individual personal and social consequences into account, too.

The Gesundheitszentrum Oberammergau combines advanced medicine with feel-good character. In the familiar and very personal atmosphere of the Aktiv- und Vitalhotel am Kofel (indoor pool, jacuzzi, sauna) you will experience a very personal and empathetic service.

The owner-managed house has generously spaced, nicely furnished single- or two-bed-rooms. You will spend your leisure time in fog free mountain air (850 m). Oberammergau, state recognised climatic health resort, is located scenically romantic in one of the most beautiful regions of Germany. In their spare time without therapy our guests have varied leisure facilities at their disposal.

INDICATIONS

- At coronary heart disease
- After heart attacks
- After balloon dilatation / stent implantation
- After bypass surgery
- After valvular diseases
- At treatment requiring cardiac arrhythmia
- At heart muscle diseases (cardiomyopathy)
- At myocarditis
- At congenital or acquired heart diseases
- At hypertension difficult to stabilise
- After preceded pulmonary embolism
- At heart failure
- At diseases of the aorta
- At circulatory disturbances of the legs
- At disorders in the fat metabolism, diabetes and excess weight



DIAGNOSTICS



- | | |
|--|--|
| Resting and exercise ECG | Sonography of all internal organs |
| Long-term ECG | Spiroergometry with diffusion-capacity measurement |
| Heart ultrasound including stress echocardiography | Sleep apnea examination |
| Long-term blood pressure measurement | Pulmonary function test and oxygen measurement |
| Sonography | |

THERAPEUTIC CONCEPT

COMPONENT PARTS OF THE CONCEPT



Definition of the medicinal long-term treatment

Progressive therapies adapted to individual patient needs

Nutritional counselling
Change of nutrition



Coaching

Psychological consulting and treatment
Social-, career- and rehabilitation counselling
Personal guidance for further lifestyle

FORMS OF THERAPY

EXERCISE THERAPY



Medical Training Therapy (MTT)

Physiotherapy divided into categories according to the patients ability



Individual physiotherapy

Endurance training in the open air (nordic walking, cycling, cross-country skiing, hiking)



Back training

Swimming and water exercises



Breathing therapy

FORMS OF THERAPY

NUTRITIONAL THERAPY

Individual single consultation

Training in small groups

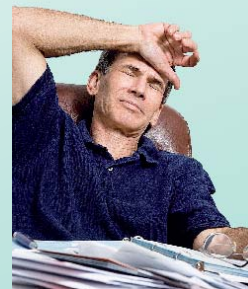
Preparation of tasty,
low-fat meals
in the dietary kitchen

Assistance at the buffet
in compilation
of balanced meals



THE INDIVIDUAL PSYCHOCARDIOLOGIC TREATMENT OFFER FOR HEART PATIENTS

A condition of „vital exhaustion“ precedes a heart attack often unrecognized for month. A heart attack and a heart surgery can lead to serious mental und physical exhaustion. Depression triples the risk for a (another) heart attack. Fears can create heart arrhythmias. Even worse are so-called plaque ruptures in the coronary heart vessels, which might lead to a heart attack. These are reasons, why the Gesundheitszentrum Oberammergau offers thereupon a personalized psychocardiologic treatment option.



These include the following measures:



- Relaxation training
- Breathing therapy
- Psychotherapy individual and group sessions
- Non-smoker training
- Coping with non-organic sleep disorders
- Strategies for weight reduction



INDICATIONS



- Chronic bronchitis
- Bronchial asthma
- Follow-up rehabilitation after lung surgery
- Interstitial lung diseases (par example pulmonary fibrosis, sarcoidosis, alveolitis)
- Rheumatic lung
- Sleep apnea
- Home respiration
- Pulmonary hypertension

DIAGNOSTICS



- Pulmonary function
- Performance diagnostics (spiroergometry, exercise ECG, stress echocardiography)
- Oxygen measurement
- Sonography of all internal organs and blood vessels
- Allergy test
- Sleep apnea diagnostics
- Laboratory
- X-ray (if needed)



THERAPY

Breathing therapy

Sports- and physical exercise therapy

Oxygen therapy
including instruction of a long-term
oxygen therapy at home

Inhalations

Special breathing-physiotherapy

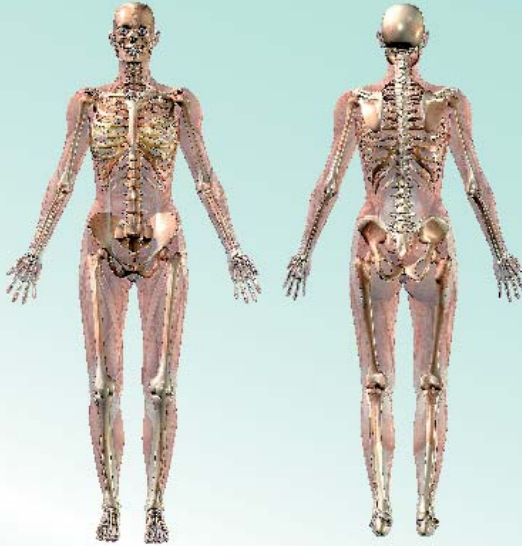
Theoretical and practical training
of self-management
in case of shortness of breath

Optimization of your medication
and training for the optimum use
of the inhalation devices

Coaching and
psychological care



INDICATIONS



Spinal disorders

Degenerative diseases

Condition following spinal surgery
(intervertebral disk surgery, spinal canal stenosis,
spondylodesis, vertebral body fractures)

Total endoprosthesis
hip, knee and shoulder

Condition following shoulder surgery
par example arthroscopic rotator cuff



DIAGNOSTICS



Ultrasonic of the joints

Röntgen X-ray
(if needed)

Laboratory

Heart- and lung diagnosis
if needed

THERAPY

Physiotherapy

Sports- and physical exercise therapy

Exercises in groups

Medical Training Therapy (MTT)

Exercises in the pool

Theoretical and practical training
in the use of the endoprosthesis

Back training

Coaching and psychological care



FORMS OF THERAPY

PHYSIOTHERAPY

Massages

Heat and cold applications

Lymphatic drainages

Electrotherapy

Natural mud treatment

Baths

Inhalations



HEALTH EDUCATION

Seminars and training courses
on the following topics:



What should to be considered in cases of cardiovascular diseases?

Marcumar training

Endocarditis prophylaxis

High blood pressure

Diabetes mellitus

Nutrition

Asthma and chronic bronchitis

Self-help in case of shortness of breath

Smoking cessation

Seminars for patients with artificial heart valves and severe cardiac insufficiency

Seminars for patients with home respiration and oxygen therapy



ACCOMODATION AND FOOD



You will be accommodated in friendly and generously spaced single-rooms with balcony. All rooms are equipped with shower/bathtub and toilet, TV, radio, direct-dial-telephone, minibar/fridge, hair dryer, in-room safe and emergency call device. Throughout the house WLAN is available.



Lifestyle and diet have an important influence on our health. Therefore we attach the greatest value to a tasty and varied cuisine of high quality, whereby we favor the Mediterranean cuisine. As in the Mediterranean cuisine we cook with canola oil or extra virgin olive oil and look for a high proportion of seasonal vegetables and fruits. Additionally we offer the following diets: whole-food, fat-reduced, purine-reduced diet and vegetarian diet.



OFFER FOR ACCOMPANYING PERSONS

For accompanying persons we offer pleasant accomodation in comfortable single- or two-bed-rooms and attractive weeks of recreation with packages matching the individual wishes. Take advantage of your stay with us to do something for maintaining your health. We support you with our

Special-Prevention-Offers.

Exercise, relaxation and nutrition are the three pillars, on which the health concept of the Gesundheitszentrum Oberammergau is based. We have the suitable offer for you, too!



SPECIAL OFFER FOR ACCOMPANYING PERSONS OF IN-PATIENTS

For accompanying persons we offer pleasant accomodation in comfortable single- or two-bed-rooms at the following special prices:

- 50,- € overnight stay/full-board per day in a two-bed- room
- 60,- € overnight stay/full-board per day in a single room

The accompanying person can bring along ordinances on therapeutic products (prescription) or as private patient make use of the amenities of our hotel (swimming pool, Jacuzzi, ,sauna and steam bath are free of charge).



Gesundheit ist weniger ein Zustand als eine Haltung.
Und sie gedeiht mit der Freude am Leben.

Thomas von Aquin (1224 - 1274), italienischer Philosoph und Dominikanerpater

To arrive Wellbeing To come again



In their spare time without therapy our guests have at their disposal attractive varied leisure facilities (such as swimming pool, sauna, Jacuzzi, Roman bath, table tennis, bowling, billiards and library). The sunny terrace, the bright and friendly foyer, the "Zirbelstube" und the comfortable "Kofelstüberl" are ideal for social get-togethers, reading, chatting, relaxing and to feel good. The calm yet central location of our house invites for walks at the nearby "Lärchenhügel" or to the center of Oberammergau. Short or long hiking tours along the river Ammer or in the mountains of the Ammergau region contribute to recovery.



For further inquiries and bookings please contact:

Gesundheitszentrum Oberammergau Medical Center am Kofel

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Mrs. Duell and Mrs. Cyrol would be delighted to hear from you.

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