




STARMED KLINIK^{*}

International Clinic for Knee, Shoulder and Spine Surgery







Welcome to the STARMED KLINIK Munich



Dear patients and colleagues,

After five years of intense planning and building activities, a modern surgical center with an attached private hospital opened in summer 2004 in the heart of Munich's Altperlach borough. Since then our hospital has developed into an internationally renowned surgical center and we take pride in keeping our equipment at level with the latest developments in medical engineering.

At STARMED KLINIK Munich, specialized and qualified surgeons are provided with high-level operational facilities. Our surgical and care center is equipped with state of the art medical technology. The skilled and motivated nursing personnel and the technical staff are working hand in hand with our surgeons.

Beyond this high functional standard of the STARMED KLINIK, it was our special concern to provide our patients with extraordinarily pleasant and service-oriented surroundings. I think we were successful.

I am pleased to be able to give you an overview of STARMED KLINIK Munich's services and benefits in this brochure.

My team and I will be happy to provide you with further information upon request.

Yours sincerely,

Dr. med. Matthias Ganser,
Medical Director, STARMED KLINIK Munich
Head of Orthopedics



State of the Art Medicine for Patients and Physicians





Let Us Take You on a Photo Tour of the STARMED KLINIK



On an area of 2500 m² STARMED KLINIK offers modern facilities and luxurious environments for patients and physicians. Please take a tour of our hospital:

Ground floor: next to the generous reception, waiting area and the administration is the physiotherapeutic center which is attached to STARMED KLINIK. Here, in-patient rehabilitation measures are carried out. Apart from traditional physiotherapy, this department also specializes in the widely recognized “RTK” (Rücken-Therapie-Konzept) back therapy concept for the treatment of spine problems. The department is equipped with first-class, state of the art training devices.

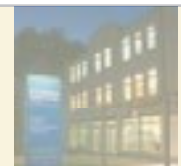
First floor: the lavishly furnished nursing unit includes twelve luxury single rooms and a lounge which was designed according the rules and principles of Feng Shui.

Second floor: the heart of STARMED KLINIK Munich – its state of the art operating unit – is divided into three operating theatres, one generously laid-out anesthetic recovery room and a surgical intensive care unit for the postoperative patient care.

STARMED KLINIK at a glance:

STARMED KLINIK is organized into orthopedics and surgical departments. Qualified surgeons make use of its extensive functional and personal infrastructure for in-patient operations and treatments.

Private patients, patients that are eligible for government allowance, as well as self-pay patients receive stationary care. Patients holding compulsory health insurance may be treated with permission of the concerned health insurance and their coverage of the costs.



Consolidated Competence and Comfort





A Pleasant Stay at STARMED KLINIK



We try to make the stay at STARMED KLINIK as agreeable as possible in every way. That is why we focused on comfort and competence with a lot of love for detail.

All day and all night our experienced physicians' service and our nursing staff provide individual postoperative care with patience and kindness.

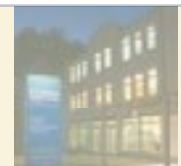
Even during the in-patient phase our clinic's physiotherapy department enables physiotherapeutic treatment with the guidance of our qualified staff.

Modern surroundings and the unique atmosphere of STARMED KLINIK Munich's reception and waiting area make for a pleasant experience at first sight.

Our in-patients are provided with one of twelve elegant, air-conditioned single rooms. Private bathrooms are, of course, attached to each room. All of the rooms are equipped with free internet access and flat-screen television sets.

À la carte meals by an external caterer as well as the free provision of newspapers are just two of STARMED KLINIK's special services.

Optimal access to the STARMED KLINIK is guaranteed by the excellent connection to the public transport system as well as by our in-house car park.



First-class Technology for Strong Teams





State of the Art Medical Technology at STARMED KLINIK Munich



We at STARMED KLINIK think that our physicians are entitled to the best working conditions possible. This includes the latest medical engineering and infrastructure, and also qualified nurses, surgical staff and administrators.

Surgical procedures can be carried out in either the orthopedics or the surgical department. Three operating theatres for high aseptic procedures offer the latest cleanroom technology.

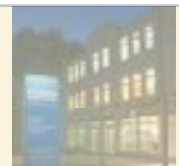
The air-handling ceiling, which includes a special state of the art filter system (Laminar-Air-Flow), achieves maximum sterility.

All of the surgical theatres are equipped with electronically operable operating tables (made by Trumpf) and surgical lamps that offer the highest quality of light (gas-discharge lamps made by Martin). Intraoperative surveillance is carried out with the latest anesthetic apparatuses and monitors made by Ohmeda. Endoscopic procedures are made with instruments and apparatuses manufactured by Wolf.

The central sterilization unit also adheres to the highest standards (sterilizer by Marquet). Hygiene standards comply with the rules of the RKI (Robert Koch Institut) and are under permanent surveillance by a clinic hygienist and a microbiological test laboratory.


Experienced anesthesiologists are on call 24/7, providing extensive anesthesiologic care and pain therapy for our patients.

To register for an operation, a simple fax, e-mail or call is sufficient.



The Back Therapy Concept





A Program That Really Helps



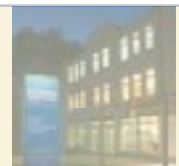
Virtually everybody is affected by back pain at some point of their lives. Back pain affects health, productivity, individual well-being and the quality of life.

Scientific studies have shown that the musculature that stabilizes the spine is crucial for prevention and treatment of back pain. Under the direction of several leading scientific panels a new treatment program was developed between 1990 and 2004: the analysis-based medical training therapy for the spine (RTK, Rückentherapie-Konzept).

Today this concept is considered exemplary by physicians and scientists. Regardless of age and sex, patients participating in this program enjoy a wide variety of health benefits.

A biomechanical function analysis is carried out to make a detailed assessment of strengths and weaknesses of the spine's muscular corset. This procedure utilized high-tech devices that were specifically developed for this back therapy concept.

In STARMED KLINIK's back therapy centre patients are provided with pleasant training conditions and the latest training devices. Under the guidance of experienced therapists they can work out according to our successful back therapy concept.

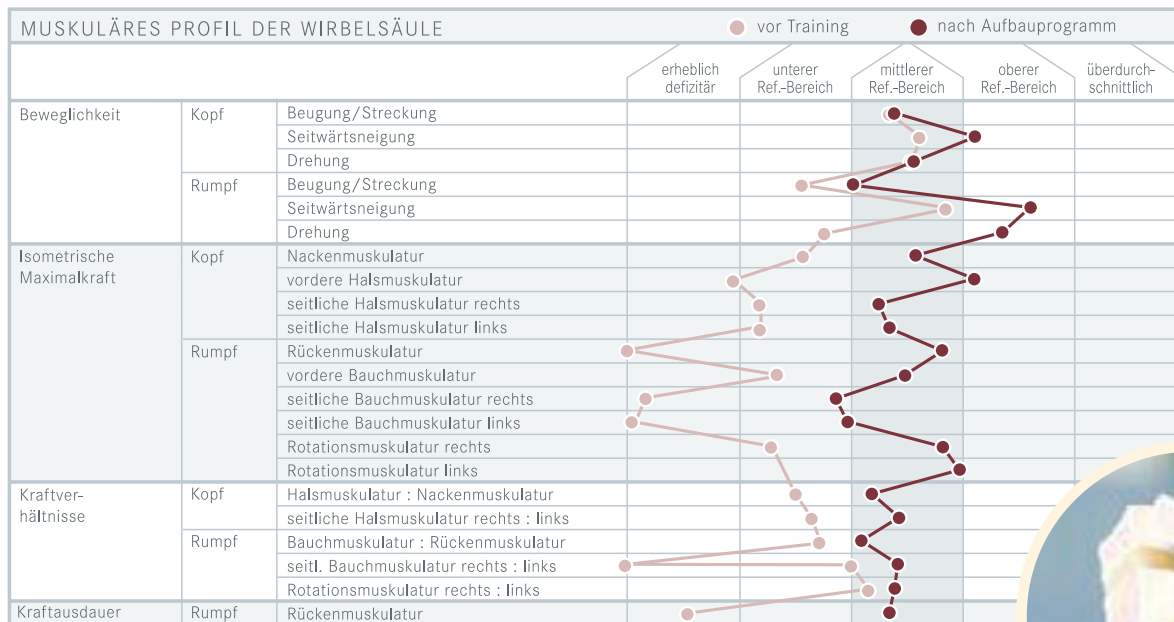


The Back Therapy Concept in Detail

Our back therapy concept is divided into three modules that systematically build on each other:

- 1 Analysis (Duration: 90 minutes)
- 2 Training (10 or 24 training units of 60 minutes each)
- 3 Continuative preventive training (one training session per week, 60 minutes)

Individual training programs are developed for each patient, based on the results of the analysis. Periodic follow-up analyses are carried out for progress assessment and training optimization. All of the training sessions are done under the intense guidance of experienced, empathic and professional training therapists.





Back Therapy Concept – Analysis and Training



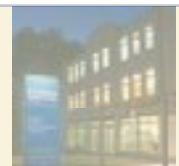
Analysis

The analysis is focused on the exact assessment of trunk and cervical spine mobility as well as the strength of relevant muscle groups. The collected data is then processed by software and compared to reference data from symptom-free people of the same age. Within 90 minutes, this approach produces a muscular profile of the spinal column, comparable to an ECG of the back. With this procedure, objective and clear interpretations of the current mobility of the spinal column are possible. The muscular profile determines the extent, duration and frequency of the following therapy and is the basis for individual, targeted training measures. The training therapy can be dosed like a medicine.

Training

The therapy's main goal is to optimize the stabilizing spinal muscle corset, and to eliminate or reduce existing dysbalances (muscular imbalance) and asymmetries. A well-balanced and clear mix of strength training measures on high-tech devices, stretching exercises as well as mechanical relief exercises for the spinal column, torso and neck muscles enable a systematic and targeted pursuit of training goals.

The back therapy concept's training methods were scientifically tested on more than 35,000 participants and are subject to continuous checks and further development. The initial training program usually includes 24 therapy sessions that are supposed to be completed within a period of 12-14 weeks. Follow-up prevention is carried out with minimal training frequency (on average one session per week) and depends on the patient's individual fitness level achieved and motivation. Each therapy session lasts 60 minutes.



Physiotherapy at STARMED KLINIK Munich





For Your Health – A Holistic Approach



Physiotherapy

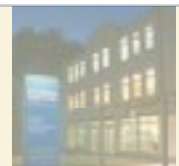
Modern physiotherapy includes a whole range of examination methods and treatments. Traditional physiotherapeutic treatments achieve health-enhancing effects by movement (for mobilization and stretching) and posture correction. The joints are relieved by support, e.g. on a sling table.

Physical Therapy

Physical therapy methods increase blood circulation, enhance the patients' metabolism and reduce pain. We offer the following range of treatments: fango, hot air treatment, hot roll, ice packages, electrotherapy and ultrasound.

Manual Therapy

Special examination methods reveal dysfunctions of joints, as well as neural and muscular disturbances, e.g. in cases of limited mobility and acampsia. Improvement is reached by specific manual techniques (mobilization, stretching, and stabilization).



Physiotherapy at STARMED KLINIK Munich





For Your Health – Our Holistic Approach



Osteopathy

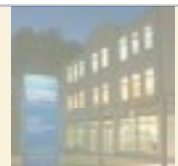
Osteopathy is a system of medical care with a holistic approach instead of symptomatic treatment. With specific grips and exercises the body's self-healing powers are activated. The osteopath always respects the relation between inner organs and the musculoskeletal system. The system is not only focused on the recovery of health, but is also aimed at disease prevention.

Manual Lymphatic Drainage

Congestions in lymphatic vessels occur, in particular, after injuries and operations. Swollen joints cause further immobility. Gentle massages stimulate the transport of the lymph and reduce the swelling.

Power Plate

Power Plate works with oscillation and vibration, which increases strength, mobility and bone density without much physical exertion. With Power Plate, muscle demand is more effective and intense than in tradition strength training. Muscles and tendons are strengthened within a short period of time, and blood circulation in the tissue is improved, which makes the Power Plate also suitable for slimming cures. There may even be positive effects on complexion and hormonal system.





How to Find STARMED KLINIK



STARMED KLINIK is located in Munich's south-east Altperlachborough at Putzbrunner Strasse 9. Optimal access to the STARMED KLINIK is guaranteed by the excellent connection to the public transport system as well as by our in-house car park:

By S-Bahn (Metropolitan Train):

Take the S-Bahn(all lines) to "Ostbahnhof" and change to bus line 55 to "Pfanzeltplatz".

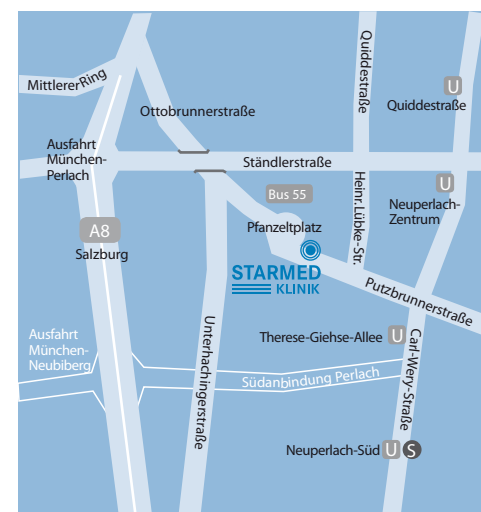
By U-Bahn (Underground):

Take the underground line 5 to "Neuperlach Zentrum" and change to bus line 55 to "Pfanzeltplatz".

From Munich airport (A9):

Take highways A99 and A8, and exit "München Perlach" or "Neubiberg".

Parking in our in-house car park is free of charge.

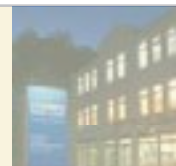


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