

rehaklinik  
ZIHLSCHLACHT



*We bring you back  
to the things you love.*



**NEUROLOGICAL REHABILITATION  
IN SWITZERLAND**



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OUR MOTTO 'WE BRING YOU BACK TO THE THINGS YOU LOVE' PERFECTLY CAPTURES WHAT DRIVES US: THE JOY OF HELPING OUR PATIENTS ACHIEVE THEIR INDIVIDUAL GOALS. TOGETHER, WE DO EVERYTHING WE CAN TO RESTORE THEIR QUALITY OF LIFE AND DIGNITY. "

DR. DANIEL ZUTTER, CHIEF PHYSICIAN REHAKLINIK ZIHLSCHLACHT  
AND CHIEF MEDICAL OFFICER VAMED SWITZERLAND

# YOUR PARTNER OF CHOICE FOR NEUROLOGICAL REHABILITATION

We are one of the world's leading neuro-rehabilitation clinics. Our specialty is the rehabilitation of people with neurological conditions including stroke, traumatic brain injury, spinal cord injury and degenerative diseases like Parkinson's, multiple sclerosis or ALS.

Our rehabilitation program combines a wide range of therapies with state-of-the-art robotic therapy equipment to help patients regain independence and improve their quality of life. Our approach is based on the latest scientific advancements, ensuring that each patient receives the best possible care tailored to their individual needs.

## Why choose us?

### Cutting-edge medical expertise

Highly trained doctors, therapists and nurses work closely together to facilitate a holistic recovery process. We conduct ongoing research and work with universities and hospitals to stay at the forefront of medical innovation.

### A personalized therapy plan

We offer tailored treatment plans that address the unique needs of each patient, ensuring optimal recovery trajectories. The plans are evaluated and adjusted by our rehabilitation coordinators on a weekly basis.

### Dedicated patient service

We provide specialized support for international patients and their relatives, including assistance with logistics, language translation and cultural accommodations, ensuring a seamless experience.

### Flexible admission and short waiting times

The timing of your admission to our clinic is very flexible and can be seamlessly integrated into your travel itinerary. We have a short waiting list allowing you to begin your rehabilitation as soon as possible.

Furthermore, you benefit from a wide range of amenities, beautiful surroundings and an on-site park.

Last but not least, your family members or companions are welcome to join you during your rehabilitation stay with us. We

believe it is very important to involve your loved ones in the recovery process. This contributes significantly to the long-term success of your rehabilitation. We look forward to welcoming you to our private ward at Rehaklinik Zihlschlacht and to bringing you back to the things you love.

# OUR EXPERTISE

## STATE OF THE ART NEUROREHABILITATION

Our clinic offers a comprehensive range of therapies that go beyond traditional rehabilitation. We integrate neurology, physical therapy, occupational therapy, speech therapy and psychological support to address the full range of neurological conditions. Whether you are recovering from a stroke or a brain surgery, managing Parkinson's disease or adjusting to life with multiple sclerosis, our team works together to optimize recovery and daily function.

Upon admission, the rehabilitation goals are established together with the patient's family and our interdisciplinary care team. Rehabilitation goals are as individualized as the patients' conditions and medical histories. Common goals include improving mobility and independence in daily living, as well as specific goals such as improving cognitive skills or speech and swallowing function.

We are proud to have a wide range of renowned experts from various disciplines at our disposal. They are involved in the process as needed.

The most common neurological conditions and symptoms that we treat at Rehaklinik Zihlschlacht include:

### **Neurological conditions and diseases**

- ▶ Brain stroke
- ▶ Multiple sclerosis
- ▶ Parkinson's disease
- ▶ Traumatic brain injury
- ▶ Recovery after neurosurgical treatments (e.g. brain tumor)
- ▶ Spinal trauma
- ▶ ALS
- ▶ Myasthenia gravis
- ▶ Herniated disc with pain and paresis in the extremities
- ▶ GBS
- ▶ Cerebral hypoxia
- ▶ Other neurological disorders

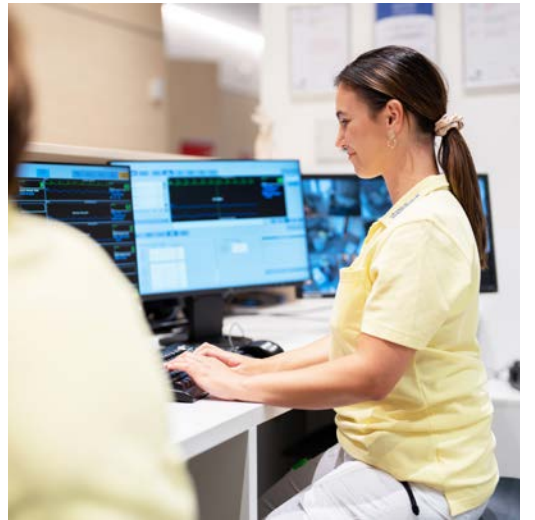
### **Neurological symptoms**

- ▶ Dysphagia (swallowing disorder)
- ▶ Neurological vision disorders (hemianopsia)
- ▶ Impaired language function (aphasia)
- ▶ Impaired speech production (dysarthria)
- ▶ Paralysis of arms and legs
- ▶ Spasticity
- ▶ Gait and balance disorders
- ▶ Continence and sexual dysfunction
- ▶ Neurological sleep disorders



Learn more about our neurological rehabilitation services:  
[www.rehaklinik-zihlschlacht.ch/en/medical-services/neurological-rehabilitation](http://www.rehaklinik-zihlschlacht.ch/en/medical-services/neurological-rehabilitation)







## EARLY NEUROLOGICAL REHABILITATION

After treatment in an acute hospital, early neurological rehabilitation enables our patients to train their everyday skills at an early stage, even if they still require close medical monitoring and treatment due to their state of health. The Rehaklinik Zihlschlacht has many years of experience and great expertise in this field. The Bodan Ward is designed for the most severely affected patients and offers the possibility of weaning from mechanical ventilation. It is located in the building of the Herz-Neuro-Zentrum Bodensee on the campus of the Kantonsspital Münsterlingen and cooperates closely with the neighboring acute care hospitals.

State-of-the-art therapy equipment such as robotic standing and gait therapy, video endoscopic examinations and electrical stimulation to promote swallowing function are used as needed. For patients on mechanical ventilation, weaning from the ventilator is one of the main tasks of the specially trained team. Supporting and educating patients and families in a stressful situation is part of our holistic and participatory approach.

### **Cognitive and somatic early rehabilitation at Rehaklinik Zihlschlacht**

The cognitive and somatic early rehabilitation at the Zihlschlacht site treats patients with severe physical and mental disabilities in an interdisciplinary treatment team. With appropriate progress, it is possible to transfer to further neurological rehabilitation.

### **IMC-certified Bodan Ward in Münsterlingen**

The Bodan Ward is equipped with the latest monitoring and ventilation equipment and is staffed by highly qualified personnel with experience in intensive care medicine. Thanks to our diagnostic equipment and close cooperation with referring physicians and specialist disciplines on the Münsterlingen hospital campus, we can react quickly and appropriately to any deterioration in the patient's state of health. The Bodan ward is closely integrated into the medical and organizational processes of the Rehaklinik Zihlschlacht. If there is sufficient stability, our patients can continue their rehabilitation in Zihlschlacht.



Learn more about our early neurological rehabilitation services:  
[www.rehaklinik-zihlschlacht.ch/en/medical-services/early-rehabilitation](http://www.rehaklinik-zihlschlacht.ch/en/medical-services/early-rehabilitation)

# STROKE REHABILITATION

A stroke is life-changing for patients and their families. At the Rehaklinik Zihlschlacht, we provide expert, compassionate care to support your recovery every step of the way.

Early rehabilitation is essential. The first few months after a stroke offer the best chance of restoring movement, speech and cognition. Our specialized unit ensures optimal treatment from the start (see page 9).

Every stroke is unique. This is why we develop personalized treatment plans that combine world-class medical expertise with a wide range of therapies, all under one roof.



Learn more about Stroke Rehabilitation at Rehaklinik Zihlschlacht: [www.rehaklinik-zihlschlacht.ch/en/medical-services/stroke-rehabilitation](http://www.rehaklinik-zihlschlacht.ch/en/medical-services/stroke-rehabilitation)

## **Our rehabilitation therapies include**

- ▶ Motor & mobility training – strength, coordination and use of assistive devices.
- ▶ Constraint & range of motion therapy – improving function and reducing spasticity.
- ▶ Innovative technologies – robotic therapy and virtual reality.
- ▶ Occupational & speech therapy – Improving cognitive skills such as memory, processing and communication.
- ▶ Psychological support – counseling and/or support group.
- ▶ Non-invasive brain stimulation – such as transcranial magnetic stimulation to help improve motor skills.
- ▶ Alternative medicine – treatments such as massage and acupuncture.

Patients around the world trust us with their stroke recovery. You and your family are in the best hands at Rehaklinik Zihlschlacht.



### **Competence Center for Neuromodulation**

The Competence Center for Neuro-modulation focuses on innovative, non-invasive therapies to improve patients' quality of life. The goal of our treatments is to promote neuro-plasticity and regeneration of the nervous system, strengthen functional abilities in everyday life, and provide targeted support for cognitive and motor rehabilitation.

We offer state-of-the-art neuromodulation techniques tailored to neurological and neuropsychiatric indications:

### **Repetitive Transcranial Magnetic Stimulation (rTMS)**

Areas of application:

- ▶ Motor or visual neglect
- ▶ Aphasia
- ▶ Parkinson's disease, multiple sclerosis
- ▶ Cognitive impairment, spasticity

### **Transcranial direct current stimulation (tDCS)**

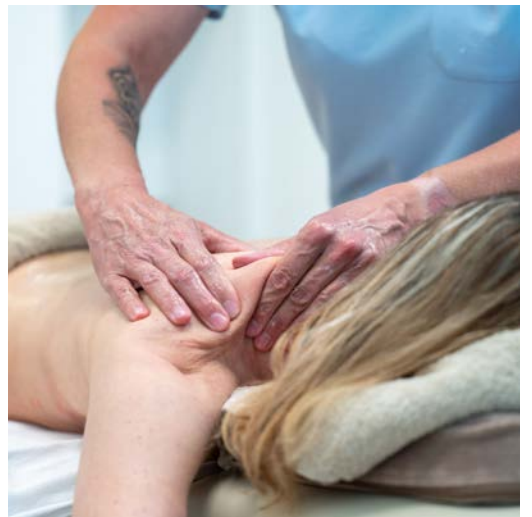
Areas of application:

- ▶ Cognitive disorders
- ▶ Improvement of cognition and motor function

### **Transauricular vagus nerve stimulation (taVNS)**

Areas of application:

- ▶ Parkinson's disease
- ▶ Cognitive disorders



## PARKINSON'S CENTER

Our Parkinson's Center offers a comprehensive rehabilitation program tailored to Parkinson's disease. A specialized team of physicians, nurses, and therapists with many years of experience in treating Parkinson's patients will welcome you.

The goals of inpatient treatment are to improve quality of life, achieve lasting control of the main symptoms, such as slowness of movement or muscle tension, manage daily activities, improve safety of movement and achieve targeted control of accompanying symptoms.

We assess your individual needs and treatment goals, taking into account your family. We offer a wide range of therapies to help you achieve your rehabilitation goals:

- ▶ Consultations with our neurologists and physicians with special training in Parkinson's disease, as well as our specialized Parkinson's nurses.
- ▶ Optimization of Parkinson's medications
- ▶ Use of advanced rehabilitation technologies, neuropsychological diagnostics and therapy to help patients cope with the disease.
- ▶ Occupational and physical therapy to promote mobility and safety in daily life.
- ▶ Nutritional counseling
- ▶ (Neuro-)urology and urotherapy
- ▶ Set-up and adjustment of pump therapy (apomorphine, duodopa).
- ▶ Post-operative care for deep brain stimulation.



Learn more about our  
Parkinson's Center:  
[www.rehaklinik-zihlschlacht.ch/en/  
medical-services/parkinsons-center](http://www.rehaklinik-zihlschlacht.ch/en/medical-services/parkinsons-center)

# MULTIPLE SCLEROSIS

At our clinic, people with MS receive individualized care and holistic treatment from a specialized team of physicians, trained MS nurses and MS therapists.

The goal of inpatient rehabilitation is to maintain and improve the patient's quality of life, independence, and participation in social and professional life. Individualized rehabilitation goals are developed with the patient and the multidisciplinary treatment team upon admission.

Our multidisciplinary team provides life skills training tailored to each individual's needs and goals.

We offer a wide range of therapeutic options, including:

- ▶ Physical hydrotherapy
- ▶ Spasticity therapy (including botulinum toxin and baclofen pumps)
- ▶ Speech therapy
- ▶ Neuropsychology
- ▶ Occupational therapy
- ▶ Orthoptics
- ▶ Neurourology
- ▶ Traditional Chinese medicine (TCM)

We also specialize in the diagnosis and inter-professional management of fatigue. Our social services and occupational therapists are available to counsel you and your family.

The effects of therapy often last for months after inpatient rehabilitation. As a result, many patients return each year for inpatient treatment.



Learn more about our multiple sclerosis specialization:  
[www.rehaklinik-zihlschlacht.ch/en/medical-services/multiple-sclerosis](http://www.rehaklinik-zihlschlacht.ch/en/medical-services/multiple-sclerosis)







## INDIVIDUAL THERAPY PLANS – TAILORED TO YOUR NEEDS

Rehaklinik Zihlschlacht offers a comprehensive and broad range of therapies based on the latest developments in neurorehabilitation. We use cutting-edge technology and robotic therapy equipment combined with scientifically proven therapeutic methods.

Upon arrival, we define the rehabilitation goals in close consultation with the patients and their relatives. In order to achieve these, we draw up a bespoke therapy plan. Our recommendations are based on the latest scientific evidence and our years of experience in neurorehabilitation.

Our rehabilitation coordinators ensure that the therapy units are optimally combined and are in constant contact with the patients and their family members.

We are proud to offer a state-of-the-art robotic center within the private clinic exclusively for our privately insured and international patients. In addition, our psychotherapy services are unique for a neurorehabilitation clinic and highly sought after.

We offer a broad range of therapies to help you reach your rehabilitation goals:

- ▶ Acupuncture
- ▶ Animal therapy (dogs or horses)
- ▶ Diet counseling
- ▶ Hydrotherapy
- ▶ Massage
- ▶ Music therapy
- ▶ Neuropsychology
- ▶ Neurourology
- ▶ Occupational therapy
- ▶ Orthoptics and neuroophthalmology
- ▶ Pain management
- ▶ Physiotherapy
- ▶ Profession therapy/assessment
- ▶ Qigong
- ▶ Robot-assisted therapies
- ▶ Speech and language therapy
- ▶ Sports therapy
- ▶ TPS – transcranial pulse stimulation for Alzheimer's patients
- ▶ Transcranial magnetic stimulation/rTMS



Learn more about our therapy services:  
[www.rehaklinik-zihlschlacht.ch/en/medical-services/therapy-services](http://www.rehaklinik-zihlschlacht.ch/en/medical-services/therapy-services)

## ROBOTICS CENTER

Our 100 m<sup>2</sup> Robotics Center in the private ward offers a wide range of robotic and technology-assisted therapies in a spacious, bright room. Twenty-eight robotic and conventional exercise devices are available to our patients.

The advanced therapy equipment allows patients to begin specific therapies, such as gait therapy, much earlier. The highly repetitive exercises promote motor learning and neural reorganization. Studies show that early use of this equipment improves recovery from stroke and other neurological conditions.

During the rehabilitation phase, a variety of equipment is used, each with specific goals.

### **Center of Excellence Certification**

The Robotics Center was the first “DIH – Center of Excellence” in Switzerland. This recognition underscores our leadership in neurorehabilitation and our commitment to innovation and cutting-edge technology for the benefit of our patients.



Learn more about our robotics center:  
[www.rehaklinik-zihlschlacht.ch/en/  
medical-services/robotics-center](http://www.rehaklinik-zihlschlacht.ch/en/medical-services/robotics-center)



# INTERNATIONAL PATIENT SERVICE

## YOUR STAY WITH US

Our International Office is here to assist you throughout your rehabilitation. We will take care of all your questions regarding organization, financing, travel and your stay at our clinic. If you need anything, please do not hesitate to contact us. We will do our best to make your stay as comfortable as possible.

### **Among other things, we are happy to organize**

- ▶ Hairdresser
- ▶ Podiatry
- ▶ Beauty treatments & massages
- ▶ Laundry for you and your companion
- ▶ Excursions for you and your family
- ▶ Discretion: if requested, we offer the highest level of discretion to honor your privacy.

We look forward to welcoming you to Rehaklinik Zihlschlacht. Request your personalized offer today.

### **Contact International Office**

Phone: +41 71 424 33 66

Email: [international@vamed.ch](mailto:international@vamed.ch)





1

## **CONTACT US**

Please send us your medical history and recent medical test results.



2

## **OUR OFFER**

Based on your condition and medical information, we will send you a personalized offer, free of charge and without obligation. We will also let you know the earliest possible date to start your rehabilitation with us.



3

## **TRAVEL ARRANGEMENTS**

We will arrange for you to be collected from the airport by limousine, ambulance or helicopter. If you are unable to fly commercially, we can organize an emergency flight anywhere in the world for you.



4

## **YOUR STAY WITH US**

We take care of all administrative tasks for you, including visa applications, insurance reimbursements, and so forth. If you are traveling with family members or friends, please let us know. We can arrange suitable accommodations for them.



5

## **YOUR DEPARTURE**

We organize your return journey as well as the follow-up care in your home country. We will provide you with a therapy plan to continue training at home or with a local therapist. We can arrange for walking aids or a wheelchair to be delivered to your home. And we even offer to accompany you back home to make the journey as comfortable as possible.



6

## **FOLLOW-UP CARE**

Even after your rehabilitation stay with us, we are always available for any concerns you may have. For example, we offer the opportunity for follow-up examinations or consultations with our medical staff.

# YOUR TEAM OF EXPERTS

## OUR INTERDISCIPLINARY TEAM



Dr. Daniel Zutter, Chief Physician Rehaklinik Zihlschlacht and Medical Director/Chief Medical Officer of VAMED Switzerland.



Dr. Stefan Schuko, Head Physician International Ward, Specialist in neurology



Cornelia Cox, Therapy Director



Nadja Ammann, Nursing Director



Our strength lies in the close collaboration of medical specialists, therapists and nurses who work hand-in-hand to provide seamless, patient-centered rehabilitation. This interdisciplinary approach allows us to treat complex neurological conditions holistically, addressing both physical and cognitive challenges. Our team is dedicated to supporting not only the patient but also their families, guiding them through the rehabilitation process with expertise and compassion.

At Rehaklinik Zihlschlacht, we are committed to helping our patients rediscover their abilities and regain confidence in everyday life – because true recovery means more than just medical treatment; it means reclaiming the things that matter most.

# YOUR ACCOMMODATIONS IN OUR PRIVATE WARD

## JUNIOR SUITE



- ▶ Fashionably furnished single room
- ▶ 33 m<sup>2</sup> plus a 8 m<sup>2</sup> balcony
- ▶ Minibar
- ▶ Room service
- ▶ High-speed Wi-Fi
- ▶ Receiver for international TV channels
- ▶ Safe
- ▶ Coffee machine
- ▶ Lounge area

## DELUXE SUITE



- ▶ Fashionably furnished single room
- ▶ 45 m<sup>2</sup> plus a 16 m<sup>2</sup> balcony
- ▶ Minibar
- ▶ Room service
- ▶ High-speed Wi-Fi
- ▶ Receiver for international TV channels
- ▶ Safe
- ▶ Coffee machine
- ▶ Lounge area

**OVERNIGHT STAY IN THE CLINIC  
FOR ONE COMPANION INCLUDED**  
(APPLIES TO ALL THREE ROOMS)



Explore our Junior Suite  
in more detail.



Explore our Deluxe Suite  
in more detail.



## ROYAL SUITE



- ▶ Three modern and elegant rooms plus one large, bright living room
- ▶ Maximal comfort & privacy for patients and their relatives
- ▶ 130 m<sup>2</sup> plus a 42 m<sup>2</sup> terrace
- ▶ Minibar
- ▶ Room service
- ▶ High-speed Wi-Fi
- ▶ Receiver for international TV channels
- ▶ Safe
- ▶ Coffee machine
- ▶ Lounge area

## RESTAURANT OASIS



Our culinary staff and nutritionists are committed to providing you with the most varied, healthy and nutritious diet possible. Recognizing that each patient has different dietary needs and preferences, we prioritize not only the quality of our food, but also cultural considerations.

The menu in our restaurant is available a la carte and can also be ordered as part of the room service menu.



Explore our Royal Suite  
in more detail.

## WHAT OUR PATIENTS SAY



I HAVE GREATLY APPRECIATED ALL THE PEOPLE I'VE MET IN THIS CLINIC, FROM THE DOCTORS AND THE MEDICAL STAFF TO THE TRAINERS AND I THINK THEY BROUGHT ME BACK TO LIFE. "

ANONYMOUS



AFTER A LONG PERIOD OF MEDICAL ISSUES, I HAD CONSIDERABLE DIFFICULTY WALKING. THE ZIHLSCHLACHT REHABILITATION CLINIC WAS RECOMMENDED TO ME BY FRIENDS. ALL MY EXPECTATIONS WERE MET OR EXCEEDED THERE. "

PETER K., GERMANY



OUR SON, WHO HAD AN ACCIDENT IN OCTOBER 2011 AND IS NOW 24 YEARS OLD, RECEIVED TREATMENT AT THE ZIHLSCHLACHT REHABILITATION CLINIC MANY TIMES, OVER A LONG PERIOD. HE ALWAYS FELT HE WAS WELCOME THERE AND WAS TREATED WITH A LOT OF CARE AND EMPATHY. ”

DARIO T., AUSTRIA

Learn more about our patients' success stories.



# CONTACT & HOW TO FIND US



## TRAVEL INSTRUCTIONS

### REHAKLINIK ZIHLSCHLACHT AG

Hauptstrasse 2

8588 Zihlschlacht

+41 71 424 33 66

international@vamed.ch

www.rehaklinik-zihlschlacht.ch/en

You can either fly into Zurich Airport or use the nearby St.Gallen Altenrhein Airport for private and business jets. We are happy to organize the transportation from the airport to the clinic by limousine, ambulance or helicopter.



# PARTNERSHIPS

## HEALTH INSTITUTIONS



Clinical Trials Center,  
University Hospital of Zürich



Hirslanden Group umbrella  
organization for neurology  
Partner for diagnostics & consulting,  
neurosurgery, stroke center, MS



Inselspital Bern  
University Clinic for Neurology  
Partner for diagnostics & consulting

## SCIENTIFIC PARTNERS



Zürich University  
of Applied Sciences



Swiss Federal Institute  
of Technology, Zürich

# CLINICS & CENTERS

## VAMED – YOUR REHABILITATION PROVIDER IN SWITZERLAND



We make use of interdisciplinary and cross-clinic collaboration based on regular dialogue between our locations, each of which specializes in one or more fields. With many years of expertise and a wealth of diverse knowledge, VAMED is a leading rehabilitation provider in Switzerland.

Our clinics offer all patients the atmosphere necessary for successful rehabilitation. Light-filled rooms overlooking greenery, culinary delights in our restaurants and inviting indoor and outdoor spaces all help to enhance your well-being.

VAMED. More than rehab.  
Integrated, technologically leading,  
specialized and based on partnership.

## YOUR OTHER PARTNERS FOR REHABILITATION



### **Rehaklinik Dussnang**

- ▶ Specializing in musculoskeletal and geriatric rehabilitation
- ▶ [www.rehaklinik-dussnang.ch/en](http://www.rehaklinik-dussnang.ch/en)



### **Zurich Seefeld Rehabilitation Center**

- ▶ Innovative outpatient rehabilitation center
- ▶ [www.vamed-rehazentrum.ch/en/zuerich-seefeld](http://www.vamed-rehazentrum.ch/en/zuerich-seefeld)



### **Rehaklinik Tschugg**

- ▶ Specializing in neurorehabilitation, Parkinson's disease, and epileptology.
- ▶ [www.rehaklinik-tschugg.ch](http://www.rehaklinik-tschugg.ch)  
(website only in German and French)



### **Rehaklinik Seewis**

- ▶ Specializing in cardiological, psychiatric-psychosomatic, and internal oncological rehabilitation
- ▶ [www.rehaklinik-seewis.ch](http://www.rehaklinik-seewis.ch)  
(website only in German)

# VAMED SWITZERLAND

## MORE THAN REHAB

## OUR QUALITY PROMISE

We bring our patients back to the things they love. Thanks to our professional commitment, they receive first-class treatment and personal care.



## INTEGRATION

Multidisciplinary team collaboration lies at the heart of our work – and also open and honest dialogue. We speak to our patients and their relatives as equals, and guide our patients back into everyday life with personalized therapy.





**VAMED Management und Service Schweiz AG**

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