

rehaklinik  
ZIHLSCHLACHT



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



## NEUROLOGICAL REHABILITATION

FOR INTERNATIONAL PATIENTS  
AT REHAKLINIK ZIHLSCHLACHT



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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

# REHAKLINIK ZIHLSCHLACHT – YOUR PARTNER OF CHOICE FOR NEUROLOGICAL REHABILITATION

We are one of the world's leading neurorehabilitation clinics. Our speciality is the rehabilitation of people with brain and nerve injuries following a **stroke, multiple sclerosis, Parkinson's disease, or a traumatic brain injury.**

This rehabilitation is performed using state-of-the-art, robot-assisted therapy equipment. The robotics center at our rehabilitation clinic is one of the largest in Europe and allows for very efficient, high-repetition physical training.

Your benefits during your stay at our private clinic Oasis:

- ▶ Our state-of-the-art medical expertise
- ▶ Highly trained doctors, therapists and nurses working closely together.
- ▶ Our world-class partners with whom we pioneer research and innovation.
- ▶ A personalized rehabilitation plan.
- ▶ Our dedicated patient services team to support you throughout your rehabilitation journey:
  - ▶ We will take care of all your questions regarding organization, financing, travel and your stay at our clinic.

- ▶ Culinary delights in our a la carte restaurant
- ▶ Beautiful surroundings and on-site park
- ▶ Comfortable, light-filled rooms
- ▶ Your family members or companions are welcome to join you during your rehabilitation stay with us.

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

In neurorehabilitation, we treat medically stable patients with mild to severe neurological disorders. The degree of impairment may vary. The most common conditions and diseases we treat at Rehaklinik Zihlschlacht include:

- ▶ Brain Stroke
- ▶ Multiple Sclerosis
- ▶ Parkinson's Disease
- ▶ Traumatic Brain Injury
- ▶ 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
- ▶ Spinal trauma
- ▶ ALS
- ▶ Myasthenia gravis
- ▶ Herniated disc with pain and paresis in the extremities
- ▶ GBS
- ▶ Cerebral hypoxia

Upon admission, their respective rehabilitation goals are defined together with the patient's family and our interdisciplinary care team. Rehabilitation goals are 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.



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 REHABILITATION

After treatment in an acute hospital, early neurological rehabilitation in the “Zelgli” unit in Zihlschlacht enables our patients to train their everyday skills at an early stage. If the patient’s condition still requires close medical monitoring, our patients benefit from Rehaklinik Zihlschlacht’s many years of experience and extensive expertise.

Our interdisciplinary team of doctors, therapists, nurses, social workers and chaplains work closely together and apply proven therapy concepts. We use state-of-the-art therapy equipment such as technology-assisted standing and gait therapy and video endoscopic examinations. Electrical stimulation is used to improve swallowing function.

A key component of early rehabilitation is weaning patients off the ventilator. Our specially trained team educates patients and relatives in this stressful situation. This is part of our holistic approach.

For the most severely affected patients, the Bodan Ward offers specialized care, including the possibility of weaning off the ventilator. The unit is located in the building of the Herz-Neuro-Zentrum Bodensee on the campus of the Kantonsspital Münsterlingen and works closely with the surrounding acute care hospitals.



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

# STROKE REHABILITATION

A stroke is a life-changing event, not only for patients, but also for their families. We understand the uncertainty, fear and hope that come with the journey to recovery. At Rehaklinik Zihlschlacht, we are here to guide you every step of the way with expertise, compassion, and state-of-the-art care.

Time is of the essence in stroke rehabilitation. The first few months after a stroke offer a unique window of opportunity when the brain is most receptive to healing and adaptation. Acting quickly can make a significant difference in restoring movement, speech and cognition, while delays can make recovery more difficult. Depending on the severity of your symptoms, our early rehabilitation unit may be the best place to start your rehabilitation (see page 9). We recognize that the severity of a stroke and its complications vary greatly from person to person. Our holistic approach combines world-class medical expertise with a comprehensive range of therapies, all under one roof in our private clinic. Each patient benefits from a personalized treatment plan developed by our dedicated team of neurologists, therapists and rehabilitation specialists to ensure the best possible outcome.

Therapies you can expect during stroke rehabilitation include:

- ▶ Motor skills exercises to help improve your muscle strength and coordination. You may have therapy to help with swallowing.
- ▶ Mobility training: You may learn to use a mobility device, such as a walker, cane, wheelchair or ankle brace.
- ▶ Constraint-induced therapy: an unaffected limb is restrained while you practice moving the affected limb to help improve its function.
- ▶ Range of Motion Therapy: Certain exercises and treatments can reduce muscle spasms (spasticity) and help you regain range of motion.
- ▶ Robot-assisted therapy in our award-winning robotics center
- ▶ Virtual Reality: The use of video games and other computer-based therapies involves interacting with a simulated, real-time environment.
- ▶ Occupational therapy and speech therapy can help you regain lost cognitive skills, such as memory, processing, problem solving, social skills, judgment and safety awareness.
- ▶ Speech therapy can help you regain lost skills in speaking, listening, writing and understanding.



- ▶ Psychological evaluation and treatment: Your emotional adjustment may be tested. You may also receive counseling or participate in a support group.
- ▶ Noninvasive brain stimulation: Techniques such as transcranial magnetic stimulation to help improve a variety of motor skills.
- ▶ Alternative medicine: Treatments like massage and acupuncture.

Countless patients from around the world have trusted us with their stroke rehabilitation. At Rehaklinik Zihlschlacht, you and your family will be in the best hands on the road to recovery.



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)



## 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 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
- ▶ Neuro-urology
- ▶ 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 for these are derived from the latest scientific findings and are based on our many 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.

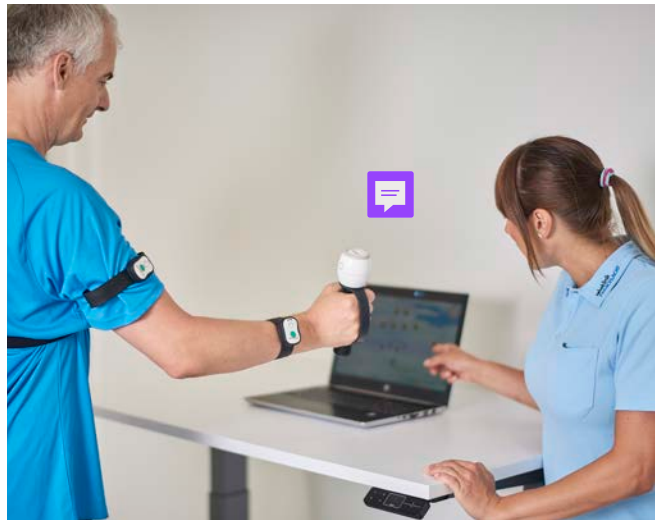
We are proud to offer our international patients a state of the art robotic center within the private clinic exclusively for our private and international patients. In addition, our psychotherapy services are unique for a neurorehabilitation clinic and highly sought after.

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

- ▶ Neuropsychology & Psychotherapy
- ▶ Orthoptics
- ▶ (Neuro)urology and urological disorders therapy
- ▶ Speech therapy incl. Dysphagia therapy
- ▶ Sensorimotor therapies
- ▶ Robotic Therapy
- ▶ Noninvasive brain stimulation
- ▶ Nutritional therapy
- ▶ Occupational therapy
- ▶ Music therapy



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 clinic offers a wide range of robotic and technology-assisted therapies in a spacious, bright room.

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
- ▶ 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.

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 accommodation for them.

5

## YOUR DEPARTURE

We organize your return journey as well as the follow-up care in your home country.

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

# YOUR ACCOMMODATION IN OUR PRIVATE CLINIC

## 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



Explore our Junior Suite  
in more detail.



Explore our Deluxe Suite  
in more detail.



## ROYAL SUITE



- ▶ 3 modern and elegant rooms plus 1 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 & CERTIFICATIONS

## 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

Zürcher Hochschule  
für Angewandte Wissenschaften



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-dussnag.ch/en](http://www.rehaklinik-dussnag.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 and French)

# 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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