LEADING NEUROLOGICAL REHABILITATION IN SWITZERLAND

The Rehabilitation Clinic Zihlschlacht specializes in the treatment of brain and nerve injured patients. For more than 25 years, the clinic and its employees have been caring exclusively for the treatment of neurological disorders. An interdisciplinary team of experienced specialists supports our patients over the entire time of their rehabilitation.

As one of the leading specialty clinics for neurological rehabilitation, the Rehabilitation Clinic Zihlschlacht is known for its excellent medical treatment program, professional nursing and therapies, as well as care based on humanness and respect.

Patients from around Switzerland and from abroad travel to Rehabilitation Clinic Zihlschlacht to receive the best medical care in idyllic surroundings. We have successfully treating international patients for more than 10 years.

FOR FURTHER INFORMATION AND DETAILED OFFERS PLEASE CONTACT:
Rehaklinik Zihlschlacht AG
Neurological Rehabilitation Center  I  Hauptstrasse 2 – 4  I  CH-8588 Zihlschlacht
Phone +41 71 424 33 66  I  Fax +41 71 424 34 34
international@rehaklinik-zihlschlacht.ch  I  www.rehaklinik-zihlschlacht.ch

ARRIVAL

Arrival by car
50 Minutes from Zürich Airport
Highway A1 Zürich – St. Gallen: Take the Oberbüren or Gossau exit, then drive in the direction of Bischofszell / Amriswil to Zihlschlacht. Parking spaces are available for guests and relatives in the clinic area. On the day of arrival, you can use the short-term parking spaces at the main entrance. Please contact our International Office for transport arrangements.

SPECIALISED REHABILITATION FOR PARKINSON’S DISEASE

One package to achieve your goals

A healthcare facility of UNITED health care vitality.
At Rehaklinik Zihlschlacht, we have more than 15 years of experience in running a highly specialised Parkinson’s Centre for the rehabilitation of all different types of the Parkinson’s Syndrome. We have highly specialised treatment pathways for the following symptoms: on-off movement disorders, dyskinesia, pain management, unsteady gait, speech and swallowing disorders and many more. Our doctors, nurses and therapists work exclusively with Parkinson patients and therefore have very specific competencies and experience in the field.

**WHEN DO YOU NEED SPECIALIZED INPATIENT PARKINSON’S REHABILITATION?**

- If an outpatient treatment setting is not possible
- If on-off movement disorders or dyskinesia appear
- If you have strong side effects from your medication (e.g., hallucination, blood pressure fluctuation)
- Gait uncertainty and falls
- Unsteady gait
- Acute worsening of your symptoms
- Acute therapy during a DBS (deep brain stimulated) or medication pump or new adjustment is needed

**WHAT CAN YOU BENEFIT FROM PARKINSON’S REHABILITATION?**

- Optimised pharmacological treatment
- Improvement of your gait and postures to minimize your fall risk
- Reduction of out-investment disorders
- Improvement of speech and swallowing
- Improvement of vegetative disorders, psychiatric disorders and chronic pain
- Simplification of daily activities due to the use of aids
- Continuing improvement of quality of life for patients and their relatives

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**THERAPY PROGRAM**

Included in our Parkinson Package the patients receive up to 5 individually designed therapy courses daily to achieve the rehabilitation goals (30 to 45 minutes per session). The therapy programs are tailor-made and planned together with the patients and their relatives.

The therapy team of Rehaklinik Zihlschlacht is highly specialized in the following therapies:

- Specialized physiotherapy (LSVT BIG)
- Occupational Therapy (LSVT BIG)
- Speech and Language Therapy (LSVT LOUD)
- Swallowing disorders
- Nursing-assisted training
- Neuropsychology and psychological support
- Weight training, water therapy
- Massage, Relaxation therapy (QiGong)
- Specialized therapy for vision problems
- Bladder function problems (e.g., incontinence)
- Sexual disorders
- Supplementary treatments as needed (e.g., acupuncture)

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**OUR MEDICAL SERVICES**

- Assessment and diagnostics
- Neurological examination from a specialist in Parkinson’s Disease
- Laboratory diagnostics and additional neurological examinations
- Occupational therapy
- Evaluation from a specialized Parkinson’s therapist
- Nutritional counseling by a specialized nutritionist

**TREATMENT PLAN**

- Highly specialized therapy sessions 5 days a week
- Weekly evaluation of the progress together with the therapy team
- Adoption and optimising the pharmacological treatment as well as medication pumps and deep brain stimulators
- Evaluation of achievement of rehabilitation goals

**AFTER DISCHARGE**

- Follow-up phone consultation one week after discharge
- Free hotline for 3 months after discharge

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**YOUR STAY AT OUR CLINIC**

- Accommodation in a single room in our Parkinson’s Centre
- Full board for the patient and one relative
- International Office Service Desk
- Organisation of transportation to and from the clinic
- VISA services
- Organisation of follow-up therapies
- Supply discharge medication
- Organisation of leisure program

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