



the original sports clinic



The Rennbahnklinik

Personalised.  
Dynamic.  
Holistic.  
Independent.

The Rennbahnklinik has  
been leading the way in  
the holistic treatment of  
active people for over  
35 years.



# The original sports clinic

The Rennbahnklinik was the first sports clinic to be established in Switzerland. For over 35 years, we have been a leading provider of comprehensive and specialised care and treatment for patients with an active lifestyle. We strive to sustainably improve our patients' health, sporting performance, activity levels and quality of life. Our expertise is based on a combination of scientific foundations and experience developed over many years. This wealth of knowledge is incorporated into the treatment we provide for each individual patient. Professional and amateur athletes, including patients with general insurance, are all equally welcome.

Our core specialisations include orthopaedics, sports medicine, physiotherapy, biomechanics and performance diagnostics.

## Our philosophy

We set the highest standards when it comes to delivering first-rate, ultra-modern medical care. Our patients particularly value our professional, sporting and relaxed atmosphere, which is seen as a major supporting element in rehabilitation. This positive attitude – alongside our specialist medical expertise – is one of the defining characteristics of our clinic.





## A centre of competence with everything under one roof

As a patient of the Rennbahnklinik, you benefit from holistic treatment services delivered at a single location. Our specialists will care for you and provide the treatment you need – from diagnosis and operation to rehabilitation. Our team of doctors, physiotherapists and nursing staff work hand-in-glove with each other across their respective disciplines. This close collaboration is characterised by the inclusion of biomechanical examinations – an essential part of sports medicine, and one in which we are the national leader – in our treatment programme.

### Our partners

We work with trusted partners for other aspects of our full-service offering: for example, all imaging services such as X-rays and MRIs, as well as laboratory testing, are carried out in-house.

### Swiss Olympic Medical Center

The Rennbahnklinik is one of the few clinics in the country to meet the Swiss Olympic Medical Center quality criteria. Sports associations can have confidence that accredited Swiss Olympic Medical Centers have the expertise, services, capacity and infrastructure needed to deliver on their sports medicine programmes.





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Our orthopaedists and sports medicine specialists will do their utmost to make your recovery as quick and sustainable as possible.





# Our fields of expertise

## Orthopaedics

“What moves you, moves us too”. In keeping with this motto, our orthopaedists and sports medicine specialists will do their utmost to make your recovery as quick and sustainable as possible. The causes of most musculoskeletal complaints can be traced back to injury, overuse, wear and tear or uneven load distribution. That is why our doctors and physiotherapists view joints, tendons and ligaments as part of the overall structure of the human body and its functions, rather than in isolation. This motivates us to promote close interdisciplinary cooperation and a relaxed, friendly atmosphere throughout your healing process. We focus in particular on treating instabilities, overuse injuries and general injuries to the shoulder, elbow, hand, groin, knee, lower leg, ankle, foot and – in particular – the Achilles tendon.

## Sports medicine

Sports medicine is not simply about repair and performance medicine; to a great extent it also involves preventive medicine. The Rennbahnklinik specialises in the needs of athletes of all levels. All our patients benefit from general sports medicine examinations that are geared to their individual requirements. The clinic's team of specialists utilises all its expertise throughout the treatment process, and combines this with our state-of-the-art technical facilities. Following a sports medicine check-up, our medical team discusses the results of the examination with patients in detail. We then work with them to develop strategies to optimise physical wellbeing and performance based on these findings.





## Physiotherapy

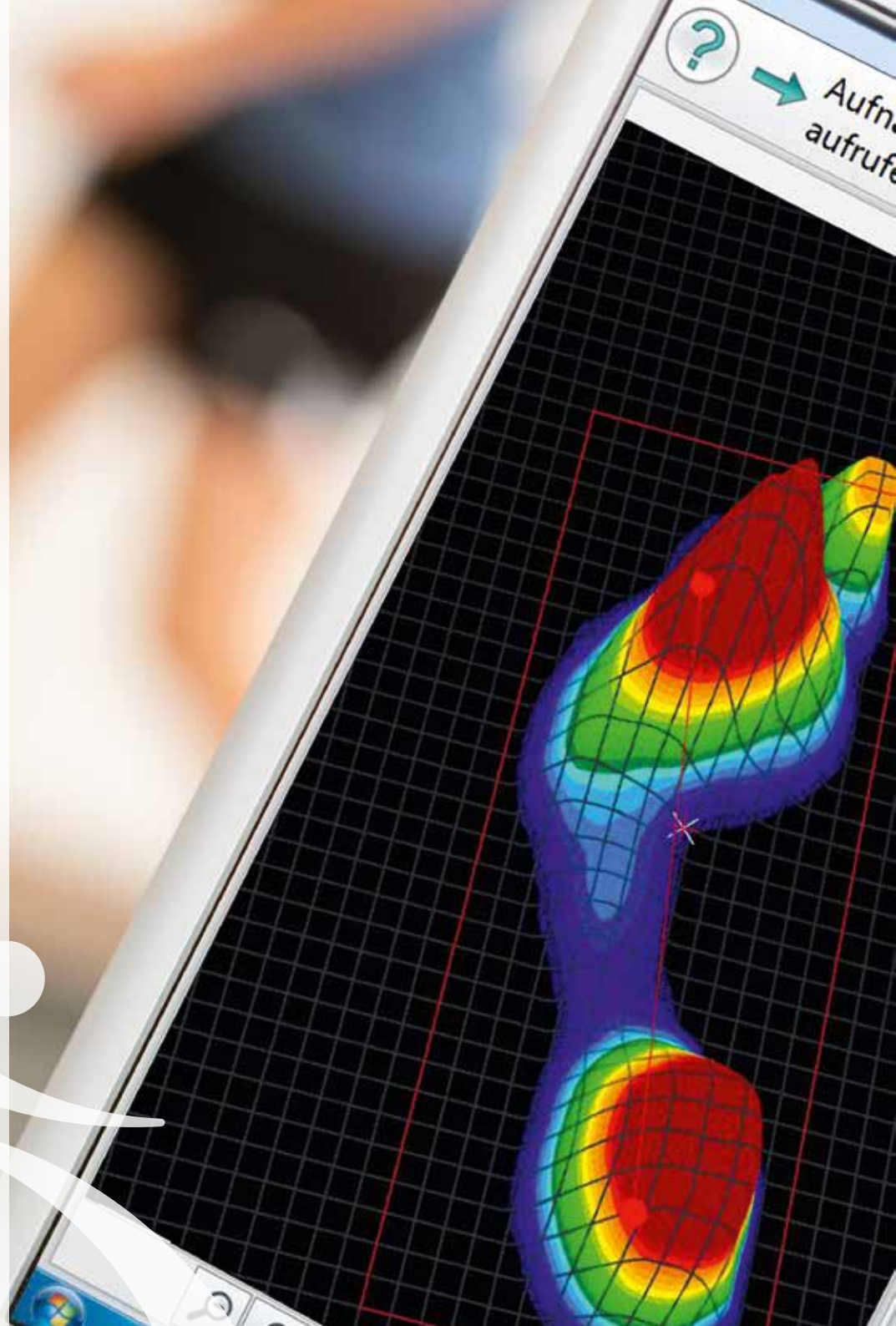
Physiotherapy is an integral component of our range of treatment services. Our experienced team of over 20 therapists provides pre- and post-operative treatment to both inpatients and outpatients. We are there to support you as you recuperate from acute injury and return to everyday life. Through our targeted use of a range of active and passive treatment methods, we help rehabilitation to proceed as quickly and effectively as possible – supporting our patients in returning to their sporting and everyday activities at the earliest possible opportunity. Close collaboration between therapists and doctors allows the progress of therapy to be systematically evaluated and individually tailored. A specific rehabilitation programme forms the basis of future injury prevention. We offer a spacious, bright, modern treatment area, which is unique within Northwestern Switzerland.



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acute injury and return to  
everyday life.



Rennbahnklinik patients benefit from the close collaboration between the biomechanics department, doctors, physiotherapists and nursing staff.





## Biomechanics

The Rennbahnklinik is the national market leader in the field of biomechanics, i.e. the analysis of biomechanical interconnections within the human musculoskeletal system. We use state-of-the-art biomechanical measuring methods to record patients' movements, external strength and muscle activity. The resulting functional understanding of each patient's movements enables us to tackle the causes of an injury – not just the symptoms. Patients benefit from close collaboration between the biomechanics department, surgeons, physio-therapists and orthopaedic technicians. The Rennbahnklinik's biomechanics expertise is utilised by external doctors, hospitals and institutions across the country.

## Performance diagnostics

Our team of specialists helps athletes of all skill and experience levels to shape their ideal training programme and maximise their performance. The Rennbahnklinik's sports medicine performance diagnostics programme assesses your physical capability. We use a wide range of tests to determine the factors that define performance for a particular sport (e.g. endurance, strength and speed). This enables us to identify and document strengths and weaknesses in an athlete's condition as well as areas where individuals have improved their performance. This information forms the basis for managing levels of sporting activity and is also used to assist with individual training support and planning.







## Our infrastructure

The purpose-built Rennbahnklinik has a spacious and modern infrastructure, with a wide range of services which encompass the entire sports medicine spectrum. The premises, which are spread across four floors, include the full range of sports medicine treatment in one location – state-of-the-art diagnostics, treatment and rehabilitation. Our facilities are designed with your recovery and rehabilitation in mind, whether you attend as an inpatient or outpatient. With numerous examination and treatment rooms and an operating unit with two theatres available, we guarantee efficient treatment. This is complemented by a dedicated physiotherapy and medical training therapy area, which boasts cutting-edge equipment and facilities.

Our infrastructure also includes the Rennbahntraining facility, which is open both to our patients and to the general public.

At the Rennbahnklinik,  
patients can find the full  
spectrum of sports medicine  
services under one roof.



We strive to improve our patients' health, sporting performance, activity levels and quality of life for the long term.





# Our hospitality

Aside from your medical care, it is very important to us that you feel at home during your stay at the Rennbahnklinik. We firmly believe that general wellbeing speeds up the recovery process. That is why our care and support are geared wholly to your needs.

## Our rooms

Spacious, comfortable and with a modern design, the patient rooms help to ensure that you feel at ease during your stay. All rooms include a shower, a toilet and a high-tech tablet offering a range of services, television and free Internet connection (WLAN). The inpatient ward is a quiet and peaceful environment that does not feel like a typical hospital ward, to help your post-operative recovery. You have a choice of one-bed, two-bed or three-bed rooms.

## Catering

To ensure that our meals are also to your taste, we offer a wide range of menus and à la carte dishes, prepared to the latest nutritional standards. In keeping with tradition, meals at the Rennbahnklinik are taken together in the modern dining room. This is an easy way to help you establish contact with other patients and athletes.





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