

Information and advice

Inpatient rehabilitation/AHB

Telephone +49 (0)761 4789 - 111, Facsimile +49 (0)761 4789 - 150
stat.reha@mooswaldklinik.de

Outpatient Medical Rehabilitation/AHB

Telephone +49 (0)761 4789 - 102, Facsimile +49 (0)761 4789 - 120
amb.reha@mooswaldklinik.de

Cures (Physiotherapy, Occupational Therapy)

Appointment hotline, Mon. - Fri. 9.00 am - 6.00 pm
Telephone +49 (0)761 4789 - 123, Facsimile +49 (0)761 4789 - 120
physio@mooswaldklinik.de, ergo@mooswaldklinik.de

Workplace Health Management

Telephone +49 (0)761 4789 - 121, Facsimile +49 (0)761 4789 - 120
bgm@mooswaldklinik.de

Medical Fitness

Telephone +49 (0)761 4789 - 0, Facsimile +49 (0)761 4789 - 120
medical.fitness@mooswaldklinik.de

Appointment service on site

Mon. - Fri. 9.00 am - 6.00 pm

Perspective Health:

info@mooswaldklinik.de
www.mooswaldklinik.de, www.medical-fitness.info,
www.gesundheitsresort-freiburg.de

We are always there for you



Mooswaldklinik

An den Heilquellen 8
79111 Freiburg im Breisgau
Telephone + 49 (0)761 4789 - 0
info@mooswaldklinik.de
www.mooswaldklinik.de



Mooswaldklinik

Gesundheitszentrum Hölderle-Carré
Heinrich-von-Stephan-Straße 5
79100 Freiburg
Telephone +49 (0)761 7678 - 200
gzhc@mooswaldklinik.de



Mooswaldklinik

MH PhysioAktiv Breisach
Zeppelinstraße 37
79206 Breisach am Rhein
Telephone +49 (0)7667 84 - 300
mhphysio@mooswaldklinik.de



Mooswaldklinik

MH Physio Müllheim
Heliosweg
79379 Müllheim
Telephone: +49 (0)7631 9362 - 650
mhphysio.muellheim@mooswaldklinik.de

The orthopaedic rehabilitation and prevention clinic



The Mooswaldklinik is a renowned establishment within the local area and beyond, which offers a comprehensive one-stop treatment concept in orthopaedic/traumatological diseases:

- Inpatient rehabilitation/AHB¹
- Outpatient Medical Rehabilitation/AHB
- Cures (Physiotherapy, Occupational Therapy)
- Workplace Health Management
- Medical Fitness



All about us

Highly professional medical care, innovative concepts and state-of-the-art technology – this has been the Mooswaldklinik trademark for many years. We are one of the top addresses for orthopaedic/traumatological rehabilitation and prevention. Our staff looks after every single one of our patients and guests in accordance with the most up-to-date scientific knowledge. Our work is supported by close cooperation with renowned institutions and companies in the branch. As part of our aim to provide the best possible treatment and the best possible service, we participate regularly in quality assurance programmes.

From the moment they arrive, our patients and guests feel at home with us, thanks to our unique location in the heart of the Mooswald landscape reserve and our interdisciplinary team, who are glad to look after you. Our staff is trained to the highest standards, and our training programme is regularly updated and improved.

We also offer many of our services at our other locations, the Gesundheitszentrum Hölderle-Carré in the centre of Freiburg and the physiotherapy centres MH PhysioAktiv Breisach and the MH Physio Müllheim.



Our team will be glad to answer all your questions about booking, health and recuperation programmes as well as the other services we offer:

Telephone +49 (0)761 4789 - 555
Facsimile +49 (0)761 4789 - 100
info@gesundheitsresort-freiburg.de

More information can be found in our separate brochure about the Health Resort.

More recuperation:
www.gesundheitsresort-freiburg.de



Freiburg Health Resort Recuperation and regeneration

The Mooswaldklinik is part of the Freiburg Health Resort. Here is the ideal place for you to recuperate and regenerate. The motto of the Health Resort - "natural. healthy. life." - also captures its spirit. The Mooswaldklinik, the Dorint An den Thermen and the Keidel Mineral Thermal Baths - our co-operation partners - all have the same aim at heart: the wellbeing of our guests and patients.

- Become more active and feel yourself regenerate in the Mooswaldklinik while receiving the best medical care.
- Feel at home in the comfort of the Dorint An den Thermen, which offers every amenity expected of a 4-star hotel.

- Enjoy a healthy, balanced diet with a touch of sophistication in the superb Restaurant Mooswald.
- Unwind in the Keidel Mineral Thermal Baths: swim and relax in a pleasant, modern atmosphere.
- Experience nature in the Mooswald landscape reserve and in the attractive surroundings.
- Enjoy exceptional urban flair in the lively city of Freiburg in the heart of the Black Forest.

We have the holistic wellness and recuperation programmes you are looking for: become more active with the Medical Fitness health programme, relax with Medical Wellness, take a break from everyday life with a Medical Beauty treatment. And recharge your batteries with Medical Spa in the thermal baths.





Our patient service will be glad to answer all your questions about making an application, the admissions procedure, costs and the other services we offer:

Telephone +49 (0)761 4789 - 111
Facsimile +49 (0)761 4789 - 150
stat.reha@mooswaldklinik.de

Become healthy:
www.mooswaldklinik.de



Inpatient rehabilitation

Preventive care | AHB¹ | remedial treatment and follow-up care

The Mooswaldklinik is an establishment for inpatient preventive care, rehabilitation and follow-up treatment (AHB) which is recognised and held in high regard by health insurance companies. As a specialist clinic for rehabilitation and prevention, we specialise in the treatment of all damage and injuries to the postural and locomotor system. On our cosy ward our guests are accommodated in quiet rooms which are beautifully equipped and handicapped accessible. You are looked after around the clock by our team of doctors and medical staff, and individual treatments are all near at hand. Our commitment to our holistic rehabilitation concept means that we offer our patients a comprehensive range of treatments. And as a trusted co-operation partner within the scope of Integrated Health Care, we attach great importance to complete, continuous care.

¹ Anschlussheilbehandlung = follow-up treatment



Contractual agreements*:

- inpatient follow-up treatment
- inpatient rehabilitation and preventive care
- inpatient remedial treatment and follow-up care

Our contractual partners:

- state aid
- employers' liability insurance associations
- statutory health insurance
- private health insurance companies

* § 107, Para. 2 German Social Security Code (SGV) V with a medical care agreement in accordance with § 111 SGB V, § 4 Para. 5 model conditions for complete health insurance costs (MB/KK), §7 German regulations on the granting of State aid (BHVO)

Our patient service will be glad to answer your questions about making an application, the admissions procedure, costs and the other services we offer:

Telephone +49 (0)761 4789 - 102

Facsimile +49 (0)761 4789 - 120

amb.reha@mooswaldklinik.de

Stay mobile:

www.mooswaldklinik.de



Outpatient Medical Rehabilitation

AMR¹ | AHB² | EAP³

Our Outpatient Medical Rehabilitation (AMR) is a complex therapy provided close to your home, led by our interdisciplinary team and under the care of medical specialists. As with our inpatient care, here we combine mainly the treatment methods of physiotherapy, occupational therapy, physical therapy and sports therapy with social medicine measures.

Outpatient Medical Rehabilitation is for patients who are sufficiently mobile and tolerant of exercise, and is a very suitable alternative to inpatient treatment. In addition, this form of rehabilitation makes it possible to reduce the length of time spent as an inpatient but to maintain the highest level of patient care.

Contractual agreements*:

- Outpatient Medical Rehabilitation (AMR in accordance with German Federal Rehabilitation Council (BAR) guidelines)
- outpatient follow-up treatment (AHB)
- Extended Outpatient Physiotherapy (EAP)

Our contractual partners:

- state aid
- employers' liability insurance associations
- statutory health insurance
- private health insurance companies

¹ Ambulante medizinische Rehabilitation = Outpatient Medical Rehabilitation

² Anschlussheilbehandlung = follow-up treatment

³ Erweiterte Ambulante Physiotherapie = Extended Outpatient Physiotherapy

* § 40, Para. 1 SGB V

Our patient service will be glad to answer your questions about appointments, prescriptions, costs and the other services we offer:

Telephone +49 (0)761 4789 - 123
Facsimile +49 (0)761 4789 - 120
physio@mooswaldklinik.de
ergo@mooswaldklinik.de

More therapy:
www.mooswaldklinik.de



Cures

Physiotherapy | Physical therapy | Occupational therapy

Patients under our care receive medically prescribed curative therapy such as physiotherapy, physical therapy and occupational therapy in an outpatient capacity also. In this way our guests can continue to be looked after following their inpatient treatment or Outpatient Medical Rehabilitation without interruption – and at the highest medical level.

In accordance with § 124, SGB V, agreements are in place with all health insurance companies.

This is a sample of the services we offer*:

Physiotherapy

- Manual therapy (Kaltenborn-Evjenth, Maitland, Cyriax)
- McKenzie, Mulligan, McConnell, Neurotension, FBL, Brügger
- Equipment-based physiotherapy/ Back centre
- Physiotherapy on a neurological basis, e.g. PNF
- Sling table therapy/Tru Trac
- Continuous active and passive motion machine (CAM/CPM)

Physical therapy – Massages

- Classical massage therapy
- Manual lymphatic drainage/Complex decongestive therapy
- Acupuncture massage according to Penzel/Connective tissue massage
- Foot reflexology according to H. Marquardt
- Thermotherapy
- Electrotherapy
- Functional bandages, tapes

Occupational therapy

- ADL-Training
- Motor-functional therapy
- Advice on the use of medical aids, provision of medical aids/orthotics
- Advice and training in joint protection
- Sensitivity training
- Brain performance training
- Stump treatment and prosthesis training

Other therapies include

- Sports therapy
- Isokinetics (analysis und training)
- Back centre (analysis and training)
- Psychotherapeutic counselling
- Relaxation training
- Nutritional advice
- Health checks (e.g. PerGu-Check®)
- Hydro- and balneotherapy (in co-operation with the Keidel Mineral Thermal Baths)

* The detailed list of services offered is available on request, or you can visit our website at www.mooswaldklinik.de.

Our Workplace Health Management team will be glad to answer your questions about appointments, programmes, costs and the other services we offer:

Telephone +49 (0)761 4789 - 121
Facsimile +49 (0)761 4789 - 120
bgm@mooswaldklinik.de

More information can be found in our special brochure about Workplace Health Management.

Work healthy:
www.mooswaldklinik.de

Another good reason to become more active: contributions made by employers to improve the general state of health of employees and to improve occupational health are exempt from tax and social insurance to up to 500 euros per employee per year.

(§ 3 No. 34 German Income Tax Act (EstG);
§ 52 Para. 4c EstG)

Workplace Health Management (BGM)

Individual tailor-made programmes

The most important asset of a company is healthy and motivated employees. Looking after the health of the work force in good time secures a long-term competitive advantage. This is where we can help you: our approach is to combine encouraging healthy behaviour with measures for a healthy work systems design. Individually fitted to meet the needs of your company, we develop holistic and sustainable programmes. Behaviour prevention is at the heart of this. Our concept essentially comprises three areas:

- Workplace health promotion
- Occupational rehabilitation management
- Preventive occupational medicine, occupational safety and accident prevention (in co-operation)

We offer you

- experienced professional staff and services at a high medical and therapeutic level
- an extensive network of highly qualified co-operation partners
- workplace health promotion directly at your company workplace or in the Mooswaldklinik and its branches in the centre of Freiburg, in Breisach and in Müllheim
- the excellent Dorint An den Thermen for overnight stays and complementary or associated incentives, meetings, medical wellness and beauty offers
- the Keidel Mineral Thermal Baths as a relaxing spa
- an exceptional location in the heart of the Mooswald landscape reserve
- very easy accessibility by all means of transport





Medical Fitness

The medical prevention and health management programme*



Our Medical Fitness Team will be glad to inform you about our offers, costs and the other services we provide. Just ask for our detailed information material.
 Telephone +49 (0)761 4789 - 0
 Facsimile +49 (0)761 4789 - 120
 medical.fitness@mooswaldklinik.de

Training times Medical Fitness:
 Mon. - Sat. 8.00 am - 9.30 pm (Oct. - Mar)
 Mon. - Sat. 8.00 am - 8.30 pm (April - Sept.)
 Sunday and public holidays
 9.00 am - 2.00 pm

The direct way to your health



Medical Fitness is a health concept developed by doctors, therapists and scientists – individually geared to the quite specific situation of the patient. The aim of the programme is to maintain and optimise physical efficiency and general wellbeing right into old age. Stamina, coordination, mobility and strength are the cornerstones of this. Our guests are looked after by an experienced, specially trained team.

The varied training is made up of several modules, which can also be booked individually. The programme is based on medical recommendation, a physiotherapeutic initial examination and the Medical Fitness PerGu-Check®. At the PerGu-Check® our guests can choose from various test packages. Medical Fitness training is individual, suitably adapted and controlled training on modern

equipment; it includes all basic motor skills. Within the scope of Medical Fitness we offer health prevention courses and seminars based on prevention law, which are in line with the latest medical and scientific knowledge. In addition, we offer many Medical Fitness special programmes, such as our Medical Fitness Back Centre, Medical Fitness Health Coaching or also PerGu-Med® programmes (e.g. 55Plus).

Medical Fitness is aimed at all those who would like to be active following therapeutic treatment, but also sportspeople, sports clubs, factories and businesses. Regardless of whether you come alone or with your entire department, we have the right programme for you.

*based on § 20 SGB V

By car:

- Approaching from the A5 motorway: exit Freiburg Süd, B 31 in the direction of Freiburg, left at first opportunity, exit Rehakliniken [rehabilitation clinics]
- Approaching from the city centre: B 31 in the direction of Colmar, exit Rehakliniken

By public transport

Freiburg railway station, tram line 3 (Haid) to terminus Munzinger Straße, bus line 35 E (Eugen Keidel Bad)