

OUTPATIENT INTERDISCIPLINARY REHABILITATION CENTRE

A UNIQUE COMBINATION

We combine the departments of Neuropsychology, Speech Therapy, Occupational Therapy, Physiotherapy and Medical Services under one roof.

Our patients receive a coordinated schedule of specific, individually tailored therapies. This involves perfect time management, interconnected therapies, shortest possible waiting times and all this in a convenient location.

REHABILITATION CONCEPT - AN OVERVIEW

Specialist in Rehabilitation

Neuropsychology

Speech Therapy

Occupational Therapy

Physiotherapy

Patient/GP

We maintain contact with general practitioners and do not treat patients without their involvement. The GP continues to be responsible for coordinating optimum care.

Patients are admitted solely on a doctor's referral. The costs of our services are met by health insurance funds, insurance companies, IV (invalidity insurance) and SUVA (national accident insurance fund).

INDIVIDUALLY COORDINATED TREATMENT

In our Clinic, various different therapy units can take place in one day in the same premises. They are precisely coordinated and complement each other.

Outpatient neurorehabilitation is based on the same coordinated, interdisciplinary, medical and therapeutic treatment concept as used in Rheinburg-Klinik. As a team we set shared goals, monitor and document the progress of the treatment. We encourage patients to become independent after a period of in-patient treatment or immediately following an acute phase.

THE OUTPATIENT CLINIC

OFFERS:

Neuropsychology

- Neuropsychological investigations
- Diagnosis of cognitive, affective and social changes
- Neuropsychological therapy
- Planning and supervision of occupational reintegration
- Emotionally supportive interventions for patients and relatives
- Teaching relaxation methods

Speech therapy

- Speech therapy investigations
- Diagnosis and treatment of language and speech disorders, voice problems and dysphagia
- Devising alternative communication techniques
- Communication training in real everyday situations
- Specialist counselling for patients and relatives
- Aids and appliances (explanation and advice)

Occupational therapy

- Functional training (e.g. Bobath, CIMT – Constraint-Induced Movement Therapy)
- Brain-function training
- Life skills training (e.g. shopping, cooking, dealing with traffic)
- Provision of splints
- Advice on aids and appliances
- Assessment of home situation
- Ergonomics in the workplace
- Job-specific training
- Workplace analysis

Physiotherapy

- Neurophysiological concepts (Bobath, PNF), walking training, building up strength and stamina
- Manual forms of therapy
- Back discipline/ergonomics advice
- Passive therapies, e.g. lymphatic drainage, laser therapy
- Adapting aids and appliances (explaining use of braces, splints and wheelchairs)

Specialist consultations

- **FMH Specialists in Neurology, Physical Medicine and Rehabilitation, Rheumatology, Psychiatry**
- Electrophysiological investigations: EMG, ENG
- Botulinum and phenol consultation
- Advice on specific rehabilitation problems
- Psychiatric diagnosis and treatment

INDICATIONS

Disease groups

- Cerebrovascular diseases (e.g. stroke)
- Chronic inflammatory diseases (e.g. multiple sclerosis) or degenerative diseases (e.g. Parkinson's disease) of the central nervous system
- Following neurosurgical operations and follow-up treatment (radiotherapy)
- Brain tumours
- Brain injuries
- Cervical spinal injuries
- Lesions of the peripheral nervous system
- Problems of the musculoskeletal system

Patient profile

- Reduced independence in extended activities of daily living (e.g. keeping house, shopping, etc.)
- Problems with mobility
- Reduced physical capacity (because of physical and/or neuropsychological impairment)
- Inadequate participation social life
- Unfit or only partly fit for work
- Problems in dealing with disease (including relatives)
- Speech, language, swallowing and voice problems

ADVANTAGES OF OUTPATIENT NEUROLOGICAL REHABILITATION

- Saves costs: the ideal service enables patients to be discharged from in-patient care earlier
- Patients experience and handle disease in their usual social environment
- Activities of daily living can be practised in situ
- Close collaboration with employers, IV occupational advisers and insurance fund case managers
- Home and workplace assessments are possible
- Quality audit as in Rheinburg-Klinik: evaluation of therapies and specialist staff by survey of patients and referrers
- Silberturm readily accessible: public transport (bus, train) and private transport (parking spaces available)

Outpatient Clinic for Neurological Rehabilitation

Specialist consultations, speech therapy, neuropsychology, occupational therapy, physiotherapy

Outpatient Clinic of Rheinburg-Klinik, Silberturm, CH-9006 St. Gallen

Telephone ++41 (0)71 246 55 11, Fax ++41 (0)71 246 55 12, ambisg@rheinburg.ch, www.rheinburg.ch