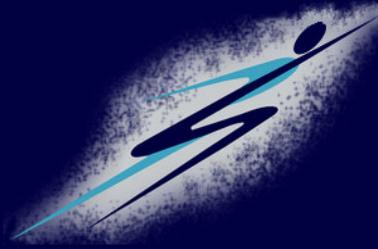


# Sports-Medicine Clinic Konstanz & Singen

Specialists in Minimal-Invasive Knee-, Shoulder- & Foot Surgery  
and Magnetic Resonance Imaging - MRI



## Patient Passport

For a Healthy and Active Life



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Ambulatory or Stationary Joint and Foot Surgery

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Sports-Medicine and Pain Therapy

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Magnetic Resonance Imaging (MRI) and Radiology

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Pulsating Signal Therapy (PST)

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... and much more

# W e l c o m e

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Dear patients,

establishing the Sports-Medicine Clinics Singen and Konstanz we carried out our idea of creating a modern private clinic with stationary and short stationary orthopaedic surgery and sports-medicine.

In the course of a global therapy concept we achieved a balanced cooperation between the ambulatory (Orthopaedic Sports-Medicine Clinic Singen) and the stationary medical care (Sports-Medicine Clinic Konstanz) regarding our patients.

By maintaining a high medical quality and a great service commitment our main goals are: having satisfied patients and improving their quality of life.

Michael Hein, MD

Specialist in Orthopaedy and Sports-Medicine

Sports-Medicine Clinic Konstanz

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This leaflet is a guide containing important information.  
Please feel free to contact us if you have further questions.

# The Sports-Medicine Clinic Konstanz



The Sports-Medicine Clinic Konstanz is located in one of the most beautiful regions of Europe, the Bodensee County. With its mild climate and clear air it is an idyllic countryside having a stimulating effect on the recovering and rehabilitation processes of our patients. In the centre of Konstanz and yet very peaceful, situated in a park-like area, the Sports-Medicine Clinic is on the second floor of the Heart Centre Konstanz.

Our highest striving is for the health and the considerate care of our patients. Our staff will not only greet them friendly but at the same time with a warm smile and readiness to fulfil their wishes.



As a private clinic we are proud to offer our patients the best services and conveniences.



They will be offered a medical treatment of the greatest competence and responsibility (in the picture Michael Hein, MD, specialist in Orthopedy, Sports-Medicine, Physical Medicine and Chiro-therapy).



Operation halls with laminar-airflow-system and with the most modern techniques, an intensive-therapy station with internal-cardiological support, full diagnosis possibilities together with a large professional experience and expertise of the appointed teams, provide a fast recovery and a successful therapy.



The wards of the patients are furnished in a modern and comfortable style and provide a hotel-like ambient and personalized atmosphere. The dinner can be served in the room or in the well-aired spacious cafeteria with a roof-deck.



# Sports-Medicine Clinic Singen and Orthopaedic Sports-Medicine Practice

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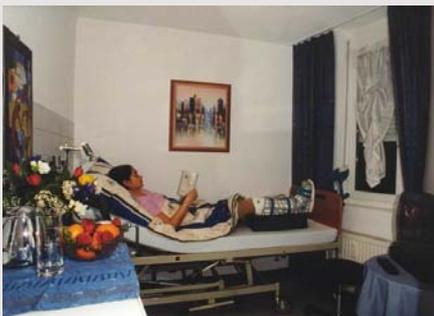
The Sports-Medicine Clinic Singen, a branch of the Sports-Medicine Clinic Konstanz Ltd., is located in the heart of the Hegau-metropolis and is easily accessible by car from all directions. In the building there is a basement-garage (liable to pay the costs). The railway station is only a 5 minutes walk away from the clinic.

The ambulatory service and the separate operation-centre with two operation rooms are provided with modern equipment and high valued sanitary appliances for endoscopic and open operations and movable roentgen unit-fluoroscope. At the disposal of our ambulatory operated patients there is a 24-hours call-service organized for the surgeon and anaesthesiologist.

The accommodation in the clinic is provided in pleasantly furnished rooms, where the patients enjoy an optimal medical and therapeutic treatment in a friendly environment with intimate atmosphere.

There are single, two-bed and several-bed rooms with phone and TV/video. We offer free menu-choice; medically recommended diets will be certainly considered.

Patients with private health insurances and self-payers receive detailed information from our colleagues in the administration department concerning the hospitalization tariffs. We are pleased to help you in obtaining the reimbursement of the expenses from your health insurance agency.



Our concept of the global orthopaedic care by a harmonic relation between the ambulatory and the stationary sector has been effective since 1992 through the setting up of the Orthopaedic Sports-Medicine Practice Singen.

The spectrum of the performances of the Orthopaedic Sports-Medicine and Chirotherapeutic Practice comprehends the conservative (non-operative) and operative treatment of the orthopaedic diseases and sport-injuries.

# Michael Hein, MD, Specialist in Orthopedy and Sports-Medicine participating at Surgical Advanced Trainings in USA, France and Germany



1993  
University Hospital, Pittsburgh, Pennsylvania, with head physician Freddi FU, MD – world-renowned specialist in knee surgery



1998  
Sansibel Island, Florida International Foot Surgical Convention, advanced training foot surgery



1999  
San Francisco, International Foot Surgical Convention, advanced training foot surgery



1999  
San Francisco, International Foot Surgical Convention, advanced training foot surgery, with head physician Dr. R. Mendicino, MD Houston

1995 - Foot surgery course at the Podiatry Institute Atlanta, Georgia, main centre for foot surgery in USA, head physician Dr. John A. Ruch

1998 Miami, hospitation at T.J. Merrill, head physician of the foot surgery department, Barry University, Florida

Permanent “up-to-date” education through various participations at the world largest annual orthopaedic congresses AAOS in USA:

- 1998 New Orleans
- 1999 Anaheim/Los Angeles
- 2000 Orlando/Florida
- 2001 San Francisco
- 2005 Washington
- 2006 Chicago

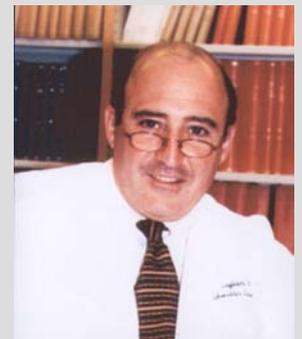
2003  
University Hospital Nice, advanced training shoulder surgery with Prof. Dr. Flatow, Mount Sinai Hospital, Manhattan, NY, in the picture: Prof. Dr. C.A. Rockwood; Prof. Dr. Pascal Boileau, etc.



2003  
University Hospital Münster, advanced training shoulder surgery with Prof. Dr. C.A. Rockwood (specialist in open shoulder surgeries) at the University Hospital San Antonio, Texas, USA (to the right) and Prof. Dr. P. Boileau at the University Hospital Nice, orthopaedic department (to the left)



2000  
Chicago, hospitation at Dr. Weil, world-renowned foot surgeon (more than 30,000 conducted foot surgeries and developer of several techniques for foot surgeries)



2001  
New York hospitation at Prof. Dr. Bigliani, head physician at the Columbia Hospital (world-renowned shoulder surgeon)

Since 2003 Michael Hein, MD is also orthopaedic consultant at the private clinic Belair in Schaffhausen/Switzerland

## Accurate Diagnosis

– Efficient, Non-operative Treatment Methods- Multidisciplinary Medical Attendance at the Sports-Medicine Clinic:



Magnetic Resonance Imaging - MRI



Radiology



PST - Pulsating Signal Therapy and Physiotherapy



Internistic & Cardiologic Stand-by



Shock Waves Therapy



Acupuncture



**The operative spectrum of the Sports-Medicine Clinic comprises various surgeries such as: minimal invasive and open shoulder, elbow, hand, knee, ankle and foot surgeries**

As specialists in minimal invasive interventions we conduct annually more than 600 arthroscopic, sports traumatic and open surgeries.

Our well equipped physiotherapeutic department and the long standing cooperation with an experienced team for physiotherapy complement the pre and postoperative attendance offered to our patients.

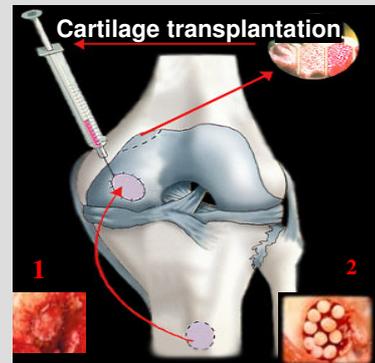
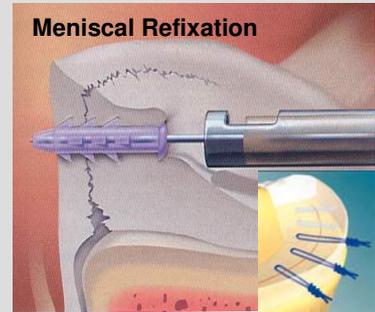
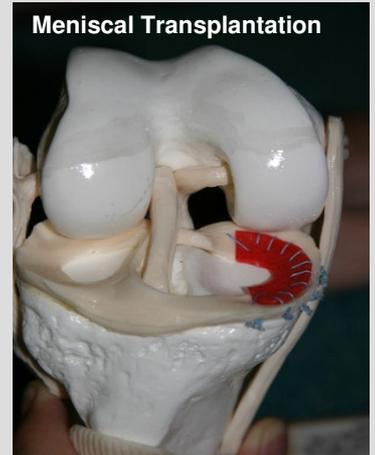


**Sports Medicine Clinic Konstanz - Michael Hein, MD**  
**Orthopaedic Spectrum - Traumatologic Surgery**

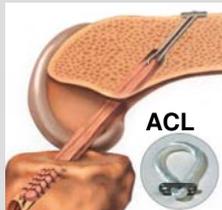
**Indications**

**Surgical Techniques / Treatments**

<b>Knee Joint</b>	
Meniscal tears	Arthroscopic meniscal – refixation, resection Open meniscal – repair
Patellofemoral disorders (most anterior knee pain )	Arthroscopic lateral retinacular release Arthroscopic / open medial reefing
Cartilage lesions	Lavage, Debridement, Microfracture, Refixation, Transplantation
Osteochondritis desiccans	Arthroscopic refixation, cartilage transplantation
Anterior cruciate ligament lesions	ACL – Reconstruction (own anatomical technique) Plastic reconstruction surgery
Medial/lateral ligament lesions	Refixation
Rheumatoid arthritis	Synovectomy
Arthrofibrosis	Debridement
Varus/Valgus Arthrosis	Osteotomies, prosthesis, prosthesis exchange
Loose Bodies	Arthroscopic removal

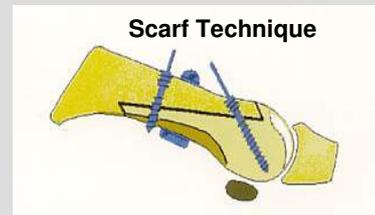


**ACL Reconstruction**



**Foot**

Hallux valgus deformity	Chevron osteotomy Scarf osteotomy Arthrodesis of metatarsophalangeal joint Proximal first metatarsal osteotomies (including my own press fit technique) Watermann, etc. Cuneiform-metatarsal arthrodesis Cheilectomy Akin procedure Soft tissue reconstruction Arthroscopic debridement of the first metatarsophalangeal joint
Bunionette (tailor`s bunion)	Osteotomy of the fifth metatarsal
Rheumatoid forefoot	Forefoot-Reconstruction
Interdigital Neuroma	Neuroma-Resection
Hammer Toe	Correction, Tendon Reconstruction, - Osteotomy



**Big toe arthroscopic  
debridement**



**Shoulder Joint**

Impingement syndrome	Arthroscopic acromioplasty (subacromial decompression )
AC joint Osteophytes	Acromioclavicular Joint Resection
Calcified deposits of the: Rotator cuff tendon Bursa	Resection of calcified deposits
Rotator cuff tears (partial/full thickness)	Arthroscopic or open repair of rotator cuff tears
Adhesive Capsulitis	Capsular-Release
Anterior shoulder instability (including Labrum lesions, SLAP lesions)	Arthroscopic or open anterior reconstruction (Bankart Reconstruction, Capsular shrinkage, Capsulorrhaphy, SLAP-Refixation, etc.)
Biceps tendon lesions	Biceps tendon refixation, resection

**Elbow**

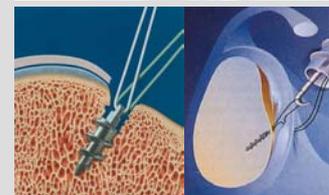
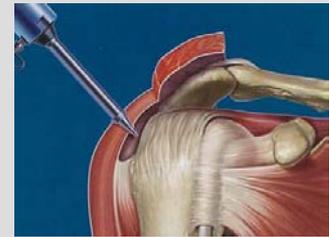
Arthrosis of humeral-radial joint	Radial head resection
Cartilage lesions	Lavage, Debridement, Microfracture, Refixation, Transplantation
Osteochondritis desiccans of the Capitellum	Arthroscopic refixation
Rheumatoid arthritis	Synovectomy
Arthrofibrosis	Debridement
Loose Bodies	Arthroscopic removal
Posteromedial olecranon-osteophyte	Olecranon osteophyte excision

**Wrist**

Tears of the triangular fibrocartilage complex	Arthroscopic refixation, resection
Cartilage lesions	Lavage, Debridement, Microfracture, Refixation, Transplantation
Rheumatoid arthritis	Synovectomy
Arthrofibrosis	Debridement
Loose Bodies	Arthroscopic removal
Ganglion	Removal
Carpal Tunnel Syndrome	Ligament cutting/release

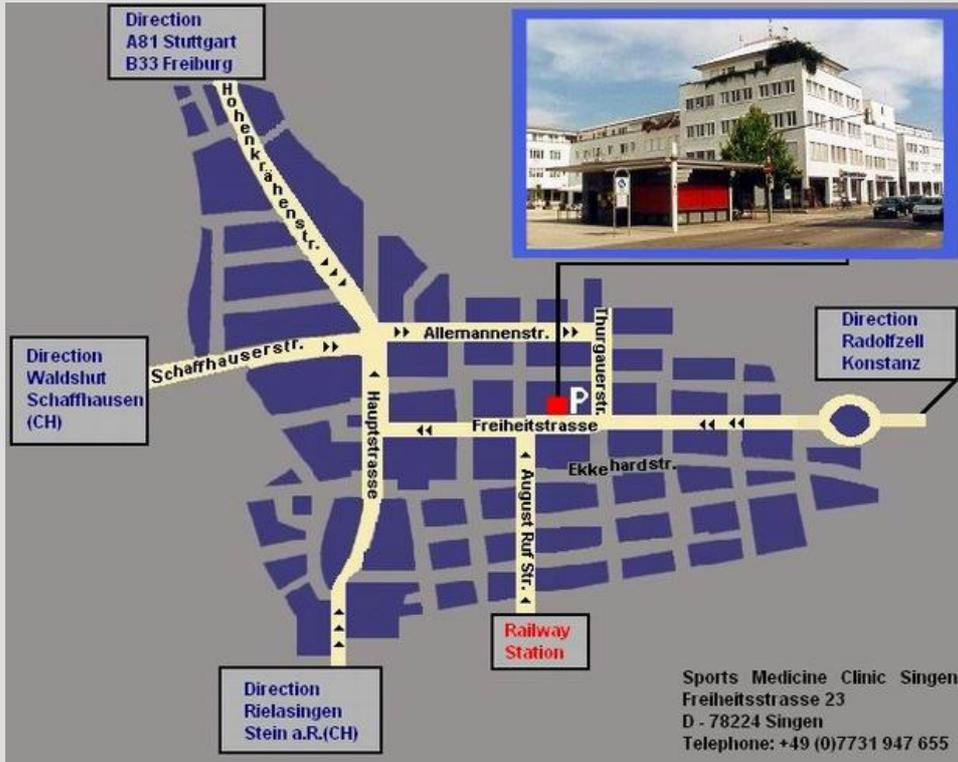
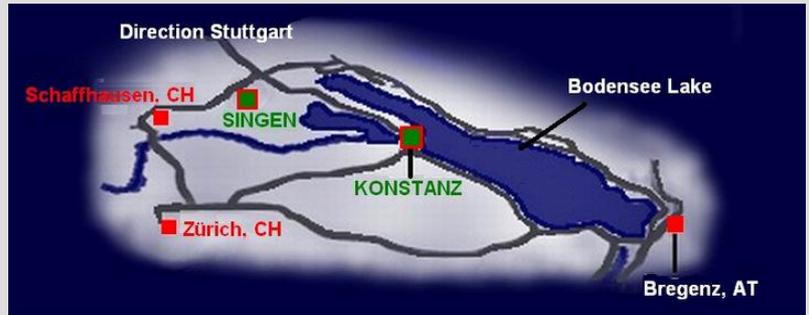
**Ankle**

Lateral ankle instability	Ligament-Reconstruction
Peroneal tendon instability	Peroneal tendon repair-reconstruction
Cartilage lesions	Lavage, Debridement, Microfracture, Refixation, Transplantation
Osteochondritis desiccans	Arthroscopic refixation, cartilage transplantation
Rheumatoid arthritis	Synovectomy
Arthrofibrosis	Debridement
Achilles tendon lesion	Repair
Plantar Fascia disease	Release
Calcaneal Prominence	Arthroscopic resection
Loose Bodies	Arthroscopic removal
Arthrosis	Arthroscopic or open arthrodesis; osteotomies



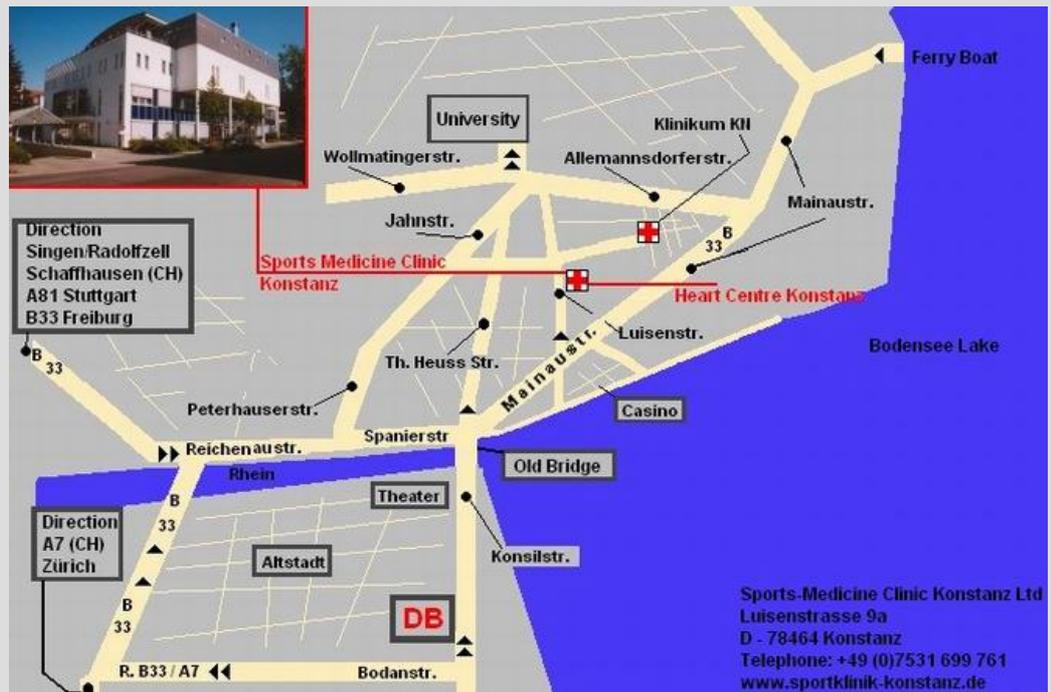


## Germany and the Bodensee Lake Region



### Sports-Medicine Clinic Singen Germany

### Sports-Medicine Clinic Konstanz Germany



## CD-ROM - Examination Results & Patient Data



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for a healthy and active life

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