



YOUR CENTRE FOR JOINT AND SPORT SURGERY

JOINT AND SPORT SURGERY

Your mobility lies close to our heart



EXPERTISE THAT YOU CAN TRUST

The average age of the population is steadily increasing. We all have an indisputable, basic human need to be active and pain-free throughout our lives. Maintaining physical well-being means a high quality of life and retaining mobility and independence. In the course of life there may be many causes for impairment of musculoskeletal conditions: in active young people, they are often caused by sports injuries. In later years they may be due to illness, accidents or wear and tear of the joints (arthrosis). This may develop further and need treatment with an operation to conserve the joint (arthroscopy, cartilage replacement), or total joint replacement with a prosthetic joint.

Gentle operating techniques and rapid mobility

The motto at our Centre for Joint and Sport Surgery is **“your mobility lies close to our heart”**. We always aim to offer you the most effective but gentle treatment, with the minimum of pain and a speedy recovery. That is why conservative therapies and a range of minimal invasive, soft tissue oriented and computer assisted operating techniques are available today. These allow for rapid regeneration of the original function and mobility. The concept of early mobilization and abdication of crutches or fixation bandages play a crucial role. Our treatment team

includes specially trained physiotherapists who carry out the follow-up treatment in consultation with the surgeon. Today we do have access to high quality and very well accepted products in the field of implants and joint replacement which are state of the art.

Specialists with extensive experience

Our doctors have many years of experience in joint and sport surgery and are internationally renowned in this field. Knowing the negative consequences of postponing treatment for acute and chronic pain in the musculoskeletal system, we assure timely, professional consultation and treatment without delay. Each patient is individually looked after by his or her doctor. Through mutual assistance and competent substitution during absence, patients can therefore contact a well-informed team at the centre at any time.

PYRAMID CLINIC AT THE LAKE: SIMPLY THE TOP

Our specialists will be delighted to see you for an initial consultation in the clinical practice rooms at the Centre for Joint and Sport Surgery. Together with your doctor, you may then decide for an operative procedure.

Anaesthesia and pain therapy

Compared with other operations, arthroscopic procedures are relatively low-risk, and the risks themselves are usually seldom. Thanks to the anaesthesia options available today, the operation can proceed as comfortably as possible. Most procedures can be carried out under regional anaesthesia. During complex operations we recommend a general anaesthesia. Today's anaesthetics are particularly safe and very well accepted. The new generation of analgesic and pain therapies provide rapid relief from pain after the operation.

Meeting the highest demands

You can look forward to a pleasant stay at the clinic, as we will take excellent care of you. The Pyramid Clinic at the Lake is a private clinic specialising in selected surgical fields, with around 90 staff and numerous fully accredited doctors. Our motto is: "Simply the Top" or "Leading Clinic at the Lake" – because medical excellence, personal care and attention, a unique atmosphere and the location right by the lake are the hallmarks of our clinic.

Caring for your well-being

Warm personal attention and respect for the individual have the highest priority with us. The Pyramid Clinic at the Lake not only provides medical services of the highest level, it also offers superior infrastructure, excellent hospitality and facilities as well as a warm ambiance, all just designed to make your stay as pleasant and relaxing as possible.

Visit the clinic: www.pyramide.ch



OUR TREATMENT SPECTRUM

The work of the Centre for Joint and Sport Surgery is varied and extensive. The spectrum of therapies and operative procedures includes **trauma and orthopaedic surgery, endoprosthesis** (artificial joints), as well as **hand and foot surgery**. Whenever possible, operations are carried out in a minimally invasive manner (arthroscopy, soft tissue oriented endoprosthesis of hip and knee).

UPPER EXTREMITIES

Shoulder

- Arthroscopy of the shoulder joint
- Surgery for instabilities or luxation
- Care for collar bone, humeral head and upper arm fractures
- Surgery to release impingement in rotator cuff area (“painful arc”)
- Rotator cuff reconstruction
- Treatment of constriction of movement
- Removal of calcium around the shoulder
- Shoulder endoprosthesis

Elbow

- Arthroscopy of the elbow joint
- Removal of loose bodies
- Operative care of elbow and forearm fractures
- “Tennis Elbow” and similar problems with the tendon base
- Nerve decompression
- Treatment of constriction of movement
- Elbow endoprosthesis

Hand

- Arthroscopy of the wrist
- Carpal tunnel surgery
- Treatment of trigger finger
- Treatment of constriction of movement (Dupuytren’s contracture)
- Joint replacement

LOWER EXTREMITIES

Hip

- Minimally invasive and conventional hip prostheses
- Femoral neck axis correction
- Care of femoral neck and thigh fractures



Knee

- Meniscus surgery by partial removal or suture
- Anterior and posterior cruciate ligament replacement
- Conservative therapy of the anterior cruciate ligament rupture using “Healing Response”
- Surgery to correct kneecap cartilage damage
- Cartilage/bone transplant for cartilage damage
- Axis correction of the knee for “bow-legs” or “knock-knees”
- Surgery for arthrosis with cartilage smoothing and ablation of new bone formation
- Care of kneecap or knee joint fractures
- Care of knee tendon injuries
- Knee endoprosthetics (surface replacement, hemi-prostheses, total prostheses, partly navigated)

Ankle joint and foot

- Arthroscopy of the ankle joint
- Removal of new bone formation and scar tissue (“footballers’ ankle”)
- Band reconstruction

- Care of ankle joint and foot fractures
- Treatment of Achilles tendon rupture
- Surgery for bone and cartilage deficiencies
- Operative care of chronic tendon luxations
- Treatment of paralysed foot drop
- Arthrodesis of the ankle of foot joints
- Joint replacement (big toe, ankle joint)
- Treatment of toe deformities (hallux, hammer toe, claw toe)
- Treatment of heel spur and other new bone formation
- Treatment of forefoot pain (metatarsalgia and neuromas)

PHYSIOTHERAPY

- Muscle building (strength and endurance)
- Improving movement
- Posture, movement and gait training
- Improving coordination
- Alleviation of pain (electrotherapy, ultrasound, ice treatment)
- Lymphatic drainages
- Massage (classical and trigger points)
- Manual therapy



OUR SPECIALISTS



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In close collaboration with:

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HOW TO FIND US

The Centre for Joint and Sport Surgery is located in the Pyramid Clinic at the Lake. Please phone us on the following number for an appointment:

+41 (0) 44 388 16 16

Opening times:

Monday to Friday 08.00–12.00

14.00–17.30

The clinic is easy to reach by public transport (take bus 912 or 916 from Bellevue towards Zollikon, to the “Elektrowatt” stop, or tram line 2 or 4 to the “Höschgasse” stop). Our free underground car park is available to those coming by car.



THE SWISS
LEADING
HOSPITALS

THE PYRAMID CLINIC AT THE LAKE ▲ SIMPLY THE TOP

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