

Special Orthopedics Check-up

The causes of various pain and malfunctions of the musculoskeletal system have a huge diversity, and can be exactly diagnosed by dynamic tests and analysis by an interdisciplinary medical team.

When is this indicated and recommended?

Musculoskeletal pain, such as muscular or joint-related pain should be investigated. In everyday life as well as in sport, specific muscles and joints can be overstrained by miscarriages and unilateral stress. Other muscles shrink by permanent under-load, whereby the joint stability will be affected. Often there is increased stress ratios in muscle-fascial-system. These muscle imbalances are common cause of chronic joint and spine problems and lead to signs of wear of cartilage and joint structures.

The aim of the check-up is to identify your muscular stress factors and/or malpositions in the axial skeleton, to analyze the causes of any pain, and if necessary, to provide specific training and behavioral recommendations or propose possible appropriate conservative or surgical treatment measures.

Diagnostic methods used

Diagnosics included in the Special orthopedics check -up:

- Comprehensive medical history
- Detailed physical examination of the musculoskeletal system
- Ultrasound examination of individual joints
- Neurological examination

Optional diagnostics where indicated:

- X-Ray, Computed tomography(CT) or Magnetic resonance imaging (MRI) of the spine and /or single joints
- Osteodensitometry (bone Densitometry)
- If applicable lowdose, minimal-invasive interventions under C-arm or other further treatment.

How much time to allow for

You should allow about one hour for the orthopedic check-up. For more imaging investigations and the following conversation you should allow another one or two hours.

Preparing for the appointment

If possible, you should bring all your preliminary findings, pictures (X-Ray, MRI, etc.), medical reports from former doctor visits or hospitalization.

Procedure

Often an imaging investigation, like MRI, CT or X-Ray will be necessary, to make an exact diagnosis. With this you will receive medical examination time-efficient and with high quality from one hand.

Welcome:

We will welcome you in our preventive medicine area. Once you have signed in, your doctor will greet you and you will receive information about how the appointment proceeds.

1. Medical consultation and physical examination:

At the start an orthopedic check-up doctor will discuss with you your complaints and your medical history, conducts a detailed examination of your musculoskeletal system and he consult other specialists in case of complex, multidisciplinary problems/pain.

2. Optional imaging diagnostic in case of an appropriate indication:

Should the orthopedic check-up indicate that it is necessary to carry out further imaging examinations (MRI, CTscan), in many cases, it may be possible for these to be carried out on the same day. Such services are not included in the package price.

3. Final consultation:

Once the examinations have been concluded, you doctor will provide you with thorough information about the results, as well as with optional therapeutical measures and options.

4. Results folder and doctor's note:

You will receive your personal results folder with all results and findings as well as extensive explanations and recommendations in the post about one week later.

Letzte Änderung: 20/06/2016