



The Hessing Foundation
Following in the Footsteps of an
Orthopaedic Genius





Current situation

Based in Augsburg, the Hessing Foundation is one of the most important and best known centres for orthopaedics in South Germany. As shown in an independent study, some 1000 people work for the Hessing Foundation and are more satisfied and motivated than others working in comparable establishments. This is just one of the contributory factors for the high level of satisfaction among patients and the basis for the guaranteed commercial success of the Hessing Foundation.

The Hessing Foundation has always met this challenge. In the last 10 years in particular, the Foundation has continued to expand its range of services to become a one-stop medical centre providing orthopaedic treatment for every age group and at all levels of care. There are very few centres in Germany which have a comparable infrastructure. Clear indications of the success of this strategy include the steadily increasing numbers of patients and growing turnover.

International Patient Service

Assistance with Visa, admission, hotel accommodation, treatment plan and cost estimates is the basis of our service.

Additionally, our kitchen prepares meals in the tradition of Islamic, Arabic cooking. Naturally our cooks strictly observe the instructions of Islamic teaching (Halal).

English-speaking members of staff are on hand to take care of your requirements and make your appointments for examination and treatment.

The rooms are fully furnished, with separate bath/WC, links for satellite TV for reception of Arabic programmes, telephone and Internet connection. If you wish, additional fittings can be installed.

NB: We can provide furnished guest apartments for relatives of patients.

Patient Transfer

Patient transfer involving international partners is without doubt the largest and most important area of co-operation for the Hessing Foundation. In our centres, patients are treated in accordance with their own high expectations which we aim to meet but which, for technical or capacity-related reasons, cannot be met as they would wish in their country of origin. Our Patient Management Team is on hand to deal with all the organisational and language-related problems.

At present the most frequent operations are knee and hip joint replacements and spinal operations. However, the specialist skills on offer at the Hessing Foundation clinics also include the treatment of children and young people with congenital deformities and operations using the most sophisticated technology, such as computer navigation or cartilage cell procedures (ACT).

The costs for performances rendered are based on the current scale of charges applied in Germany.

International Patient Manager

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Friedrich von Hessing

Today Friedrich von Hessing is considered to be one of the major pioneers of modern orthopaedics, characterised by his capacity for invention and the ability to assert himself. He was often described as a "mechanical genius" of his time. He laid the cornerstone for the Hessing Foundation which today comprises a wide range of departments.

The Hessing Foundation Yesterday and today

The former "Orthopaedic Medical Institution" established by privy counsellor Hessing has been working in orthopaedics for over 130 years. Today it is one of Germany's leading clinics, providing orthopaedic care for more than 5,800 in-patients and 16,000 outpatients every year.

In 1868 privy counsellor Friedrich von Hessing founded "Hessing's Orthopaedic Medical Institution", laying the cornerstone for the Hessing Foundation in its present form. As the proprietor of an orthopaedic hospital, he experienced many difficulties in the first few years of his career in particular. As a self-taught medical practitioner - Hessing never attended medical school - he faced harsh criticism from the world of orthodox medicine. He needed great drive and tenacity to overcome this antagonism, and eventually his success proved him right. The "orthopaedic brace" he developed and his inventions for treating war victims helped him achieve spectacular successes and carried the reputation of Hessing's Medical Institution far beyond Germany's borders.

By 1903 more than 60,000 patients had been cared for in the Hessing Foundation, including members of the higher ranks of European nobility.

During this time the hospital developed into a rambling, spacious establishment with a ward block, treatment rooms, metalworking shop, turnery, joiner's workshop and tinsmithery. Home-grown produce catered for the physical needs while entertainment was provided by way of gardens and park grounds, colonnades, arcades, bandstands and a hospital church. It even had its own theatre built which today enjoys the status of a cultural monument in Europe.

Privy counsellor Friedrich von Hessing dedicated the prime of his life to orthopaedics - always working for the good of his patients. His life's work was to survive and continue after his death. In setting up a foundation

the conditions were established "to maintain and continue the hospital, for the good of those requiring treatment and help" - a legacy which the Hessing Foundation still embraces today.

The Hessing Foundation today

The Hessing Foundation has been continuously evolving since it came into existence. Over the years the former orthopaedic hospital has spawned various specialist clinics and workshops. Today the Hessing Foundation is one of the leading providers of orthopaedic services in Germany.

Our most important asset - contented staff and satisfied patients

In a German nationwide survey of patients and staff investigating "Quality Management in Hospitals" the Hessing Foundation facilities gained excellent ratings.

Outstanding medical record

The Hessing Foundation was among the leaders in the patient survey, making it one of the best hospitals in Germany according to research. Hessing patients particularly appreciate the pleasant manner and quality of the nursing staff, the medical expertise and the well above-average treatment in the establishment. Many of those surveyed emphasised Hessing's excellent medical record.

Milestones

- 1918 Foundation set up by Friedrich v. Hessing
- 1950 Own orthopaedic workshops and shoemaking techniques introduced
- 1967 The Hessing Support Centre for Children (HFZ) becomes part of the Hessing Foundation
- 1982 Orthopaedic clinics undergo full structural alterations
- 1985 Centre for Orthopaedic Rheumatology and Rehabilitation set up
- 1997 Geriatric Rehabilitation Clinic set up
- 2002 Hessingpark-Clinic GmbH opens
- 2004 New treatment and consultancy-building for the Hessing Support Centre for Children (HFZ) centre is completed



The Orthopaedic Clinics of the Hessing Foundation Following in the Footsteps of an Orthopaedic Genius



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The Hessing Foundation clinics rank among Germany's leading orthopaedic clinics. For more than 100 years the former orthopaedic hospital established by privy counsellor v. Hessing has been active in the field of orthopaedics. Today it provides orthopaedic care for some 5,800 in-patients and around 16,000 outpatients every year. The focus of our work and efforts has always been the patient.

We intend to live up to this claim by virtue of a concept which entails a new quality of treatment - individual, holistic and of the highest medical standards.

As a clinic we specialise in treating the musculoskeletal and locomotor system. Depending on the indication we use conservative treatments or surgical procedures to help you "bounce back" as quickly as possible. Experienced doctors plan the treatment best suited to your needs - in conjunction with you. Modern operating theatre procedures and gentle anaesthetic methods are as instrumental in the success of your treatment as the professional support of the nursing staff and physiotherapists.

These days modern orthopaedics also involves complex technology. This is precisely why we attach great importance to providing a pleasant atmosphere and surroundings which are conducive to your well-being.

The Specialist Orthopaedic Clinics are divided into three independent departments, each with its own management and medical staff.

The range of services covers all orthopaedic indications. This includes both conservative treatments as well as initial and follow-up surgical intervention. Particularly frequent orthopaedic surgical procedures include hip and knee replacements, arthroscopic operations, spinal surgery and reconstruction of congenital malformations in children.



The Orthopaedic Clinics of the Hessing Foundation

At a glance

Operative orthopaedics and spinal surgery

Range of services

- > Herniated cervical discs
- > Herniated lumbar discs
- > Degenerative changes in cervical spine
- > Degenerative changes in lumbar spine (osteochondroses)
- > Instability accompanying chronic rheumatism
- > Instability accompanying morbus Bechterev
- > Pseudolisthesis
- > Spondylolisthesis/slipped vertebra
- > Luxation
- > Spinal stenosis (claudicatio spinalis/ „window-shopper's disease“ of the spinal column)
- > Fractures - results of fractures (defective positions) of all sections of the vertebral column
- > Tumorous, metastatic and degenerative instability of the cervical/thoracic/lumbar spine, in some cases with vertebral body replacement
- > Degenerative lumbar scoliosis
- > Idiopathic scoliosis of the entire spinal column / curvature of the spine in children
- > Stabilisation of thoracic and lumbar spine using fixateur interne method
- > Chronic low back pain
- > Chronic cervical spine complaints
- > Endoscopic surgery on thoracic spine (thoracoscopy)

Operative and conservative orthopaedics, paediatric orthopaedics

Range of services

- > Endoprosthetics of large joints (special artificial replacements for hips, knees, shoulders and ankles)
- > Arthroscopic procedures, such as cruciate ligament surgery, shoulder stabilisation, articular cartilage treatment on the upper ankle
- > Paediatric orthopaedics including treatment of congenital and acquired malformation and dysfunction of the musculoskeletal and locomotor organs
- > Diagnosis and treatment of childhood neuromuscular disorders, e.g. muscular dystrophy, spinal muscular atrophy, etc.
- > Sports traumatology
- > Foot surgery (full range of modern joint-preserving surgical procedures)
- > Minimally invasive spine surgery
- > Special pain therapy
- > Chirotherapy
- > Physical medicine
- > Technical orthopaedics
- > Minimally invasive surgical procedures

Surgical department of the Centre for Orthopaedic Rheumatology and Rehabilitation

The Centre for Orthopaedic Rheumatology and Rehabilitation comprises a surgical department (run as Operative Rheumatology in the Hessing Clinics) and an associated rehabilitation clinic.

Range of services

- > Immune-mediated arthritis diseases
- > Endoprosthetics for arthritic shoulder/hand/finger joints

General facts and figures

- > 250 beds, 9 wards
- > 5.100 in-patients per year
- > 12.000 outpatients per year
- > 3.600 operations per year
- > Approx. 450 staff
- > 3 head physicians
- > 5 operating theatres
- > Anaesthesia
- > Ambulance on permanent standby
- > Own X-ray department
- > Clinical laboratory
- > Intensive care ward
- > Remedial gymnastics and physiotherapy for outpatients
- > Children's ward with teaching staff and remedial support
- > Own kitchen with choice of menus
- > Light diets
- > Bedside television and telephone
- > Wide range of leisure facilities



Rehabilitation

Professional Help from the Outset

There are different rehabilitation strategies at the Hessing Foundation. Almost 2000 patients per year benefit from our experience. The focus is on one-to-one treatment tailored to the individual's needs. Specially trained therapists (physiotherapists, masseurs, occupational therapists) work out the best treatment plan for you in consultation with you and under medical supervision. Systematic rehabilitation can even help avoid operations in many cases, and after an operation it is crucial to ensuring the success of the operation and to increasing quality of life.

Orthopaedic Rehabilitation Clinic

Orthopaedic rehabilitation sessions can be held in the orthopaedic clinic building. They are normally run as a follow-up to an operation. For best results the treatment should be continued for 2 - 4 weeks.

Range of services

- > Treatment from orthopaedic specialists
- > Specialised physiotherapy
- > Exercise bath sessions
- > Training in the use of medical aids
- > Prosthesis fitting and training
- > Physical therapy, pain therapy
- > Specialised occupational therapy
- > Provision of medical aids

All patients are accommodated in modern single or twin rooms which are specially adapted to cater for the needs of people with disabilities.

Geriatric Rehabilitation Clinic

The predominant diagnoses for elderly patients are often internal, orthopaedic or neurological. Our medical team is geared to this type of diagnosis, one section concentrating on internal issues and the other on orthopaedics - with additional support in neurology.

The necessary diagnoses, such as ultrasound, echocardiography, X-ray diagnosis and electroencephalography, can be carried out on the premises.

Range of services

- > Treatment from internal medicine specialists
- > Treatment from orthopaedic specialists
- > Treatment from neurological specialists
- > Geriatric assessment
- > Specialised physiotherapy
- > Exercise bath sessions
- > Training in the use of medical aids
- > Prosthesis fitting and training
- > Physical therapy, pain therapy
- > Specialised occupational therapy
- > Provision of medical aids
- > Speech therapy
- > Therapy for swallowing disorders, orofacial therapy
- > Neuropsychological diagnosis and therapy
- > Conversation therapy
- > Diagnosis of dementia
- > Clarification and advice regarding welfare services

- > Advice and training for diabetes
- > Nutritional advice
- > Music therapy
- > Talks for next of kin (stroke)
- > Dental treatment
- > Road safety training

Memory Clinic

In addition to physical complaints old age is often beset with problems with the memory. We therefore offer diagnosis, treatment and advice for patients with all kinds of memory problems. The treatment is interdisciplinary but all the aspects are available under one roof, thus giving rise to a wide and diverse range of facilities which we exploit fully for each patient.

We work out an individual treatment plan for you and with you, which may include the following treatment options:

- > Medication
- > Psychomotor skills training
- > Music therapy
- > Light physical training
- > Creative work
- > Stimulation of mental abilities

All the treatments are carried out as individual or group therapy sessions depending on the requirements.



In the Support Centre for Children we have made it our aim to provide an extensive range of therapy and support, embracing the early years, outpatients and day patients. It is directed at babies, young children and teenagers with delayed development, (threatening) physical, mental and/or psychological disabilities.

The focus of the work is on the child.

The child as an individual with his or her abilities, strengths and problems - this is the focal point of our efforts. In supporting and treating the child, advising the parents and important others to whom the child relates, we are pursuing four basic aims:

- > encourage independence
- > expand on skills
- > integrate the child in his or her social circle
- > facilitate coming to terms with disability

The interaction of many skills opens up new avenues in treatment and care; we can try out and apply both "conventional" and innovative concepts; we learn with and from one another, develop new ideas and improve the status quo.

The network of new possibilities

Our aim is to offer the best possible outcome for the child. This is why we look beyond our own expertise and maintain links with the local psychosocial and medical institutions.

This mainly involves working with paediatricians and children's hospitals, parallel and follow-up establishments, kindergartens, outreach clinics, research groups and committees at regional and national level.

Range of services

- > In all cases we offer diagnosis, advice and treatment, carried out by our medical team in tandem with the occupational therapy, speech therapy, education/psychology and physiotherapy departments
- > Early years support for babies and toddlers
- > Kindergartens for children with delayed development, physical, mental and/or psychological disabilities
- > Outpatient treatment for school-age children and some elderly patients
- > Intensive parental involvement in all areas



Our Medical Packages serve as a link between prevention, health and relaxation, the aim being a balanced life on all levels - more fitness for your everyday life, relaxation for your body and stimulation for your senses. With this aim in mind we apply the prevailing medical and professional know-how and work with state-of-the-art medical diagnostic equipment. Your needs will be best served in the hands of our experienced team.

Here at last! In our new exclusive Day Spa you can leave the daily grind behind and recharge your batteries. Unwind in the Rasul Bath or hammam, pamper yourself with a professional massage or relax in the aqua-soft loungers and enjoy the beauty treatment. Choose the package or single treatment which appeals to you most from our wide range. Our highly-qualified team will be happy to advise you and recommend the best treatments to suit your requirements.

All the services we offer make a virtue of eminent quality. Relish the feel-good factor in an exclusive, congenial atmosphere and a contemporary setting. The new Medical Wellness section of the "Hessing Forum" is conveniently situated in the hospital grounds for a welcome break from routine requiring no great effort or outlay. It's time to make time for yourself. Pay us a visit, and come and sense that all-over glow of good health.

You can protect your health by taking simple but regular preventive action. In this context much is alleged - and pledged - about well-being. Sustained health benefits await you in the shape of a health and fitness plan which is genuinely tailored to your needs and draws on medical knowledge and experience. We can offer you this effective form of well-being by way of a plan designed to pamper your body and indulge your soul: Hessing Forum Medical Wellness.

As far as we are concerned preventive care and health go hand in hand and affect many areas of our lives. This is why we have devised an extensive network of services for you. Experts from different professions, ranging from medicine right through to nutritional consultancy and coaching, work together in the interests of your personal health and fitness. This holistic approach allows us to offer a number of quality services. The benefit for you: customised instead of standard care

Range of services

- > Beauty & wellness
- > Rasul Bath
- > Hammam treatments
- > Professional massage
- > Aquasoft loungers
- > Beauty packages
- > Hessingpark Training/
Gyrotonic Expansion System®
- > Alternative cures
- > Chinese medicine
- > Coaching & counselling
- > Individual stress relief
- > Technical orthopaedics/orthopaedic shop
- > MBT® Masai Barefoot Technology
- > Chiropody
- > Courses
- > Therapies
- > Neurorehabilitation outpatient clinic
- > Nutritional counselling
- > Medical consultation
- > Health presentations
- > Clinical diagnostics &
preventive packages
- > Supervision of children with and without
disabilities by trained specialist
personnel (on request)



Courses
 Therapies
 Memory Clinic
 Neurorehabilitation
 outpatient clinic
 Nutritional counselling
 Medical consultation
 Health presentations
 Clinical diagnostics &
 preventive packages
 Supervision of children with and
 without disabilities by trained spe-
 cialist personnel (on request)



Hessingpark Training/
 Gyrotonic Expansion System®
 Alternative cures
 Chinese medicine
 Beauty & wellness
 Coaching & counselling
 Individual stress relief
 Technical orthopaedics/
 orthopaedic shop
 MBT® Masai Barefoot Technology
 Chiropody

Orthopaedic Technology | Shoe Technology

Vast Technical Expertise for Paramount Care

Despite the far-reaching potential of operations it may be necessary to resort to orthopaedic aids, such as prostheses, braces or special shoes.

All the required aids can be made in the orthopaedic and shoe technology department. Close cooperation with the medical fraternity and modern technical equipment form the basis for personal attention and customised provision.

Customers and patients receive full professional advice and care. In-patients can be fitted with their medical aids at their convenience during their stay in the hospital.

Our sales advisory department stocks a wide range of comfortable shoes, walking aids, medical supplies, rehabilitation aids, everyday aids and MBT shoes, a totally new concept in effortless training in the routine course of life. Walking style and coordination are improved, and muscles and ligaments constantly stretched. MBT training helps reduce injuries and shorten the rehabilitation time after muscle, Achilles tendon injuries, ankle, back, knee and other problems.

Range of services

- > State-of-the-art prostheses
- > Orthoses and braces
- > Paediatric orthopaedics
- > Spinal orthoses and braces made-to-measure
- > Scoliosis braces
- > Orthopaedic shoes of all kinds
- > Orthopaedic shoe accessories
- > Made-to-measure arch supports
- > Care of diabetics and rheumatics
- > Surgical hose and support stockings
- > Bandages
- > Surgical and orthopaedic shoes
- > Rehabilitation aids
- > Continuous passive motion machines
- > Walking frames and domestic aids
- > Repair and mending of all kinds of shoes





We provide a shuttle service from Munich Airport to the Hessing Clinic.
(Journey time approx. one hour)



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All the departments of the Hessing Foundation are located on the same site very close to each other.

Hessing Foundation

- > Hessing Foundation
Specialist Orthopaedic Clinics
- > Orthopaedic Workshops
- > Orthopaedic Shoe Technology
- > Hessing Support Centre for Children
- > Hessing Foundation Centre of Orthopaedic
Rheumatology and Rehabilitation
- > Hessing Foundation Geriatric
Rehabilitation Clinic

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