“The Patient in Focus”

KWA Klinik Stift Rottal

Service Range und Treatment Options
KWA Klinik Stift Rottal is located in the spa town of Bad Griesbach, in the so-called Lower Bavarian Spa Triangle, 25 km west of the town of Passau. Passau is also known as the “City of Three Rivers”, because the Danube, Inn and Ilz rivers flow through it. Bad Griesbach is famous for its healthy climate and thermal springs. Besides the pleasant countryside, Passau attracts visitors with its recreational facilities, for example the largest golf course in Europe.
KWA Klinik Stift Rottal in the Bavarian health resort Bad Griesbach offers various services in the field of neurological rehabilitation. According to our philosophy, every human being is considered as unique and as a whole, with his or her individual medical history. Its wide range of therapies for the treatment of neurological conditions is what makes KWA Klinik Stift Rottal unique on both the national and the international level. A large number of new alternative treatment approaches is used alongside traditional methods. The range of services offered includes several medical and therapeutic services as well as individual care, attentive support and a warm atmosphere. KWA Klinik Stift Rottal has been DIN-EN-ISO-9001-certified since 2003.
Christoph Garner, MD, head physician
Christoph Garner, MD, is a consultant neurologist and has also trained in homeopathy and physiotherapy. Early in his career, he engaged himself in alternative therapy methods like homeopathy or acupuncture alongside traditional medicine. For this reason, medical treatment at our hospital is based on sound traditional medicine; however, the focus of rehabilitational medicine and therapy lies on various alternative approaches.
## Equipment and facilities

“Food should please the eye first, then the stomach.”

Johann Wolfgang von Goethe

<table>
<thead>
<tr>
<th>Room with balcony, flat screen TV, telephone, nurse call system</th>
<th>Safe (We recommend that valuables and large amounts of money should be deposited with the accounting department.)</th>
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<tr>
<td>Barrier-free facilities</td>
<td>Gym</td>
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<td>Care and treatment around the clock</td>
<td>Thermal indoor pool</td>
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<tr>
<td>Cafeteria with terrace and shop</td>
<td>Laundry service</td>
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<tr>
<td>Friendly recreation rooms</td>
<td>English and Russian speaking staff</td>
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<tr>
<td>In-house hairdresser</td>
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<tr>
<td>CD player with headphones (deposit of € 50)</td>
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<tr>
<td>TV (foreign language channels available)</td>
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<tr>
<td>Free WiFi Internet</td>
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Every day, our kitchen team prepares a wide range of food with great dedication and care. We are passionate about fresh ingredients, quality and variety and also cater for food intolerances and cultural requirements.
Treatment options

KWA Klinik Stift Rottal offers a wide range of treatment options and counselling services. At the beginning of treatment, we will record a detailed patient history. Our interdisciplinary team of physicians and therapists will then develop a treatment plan together with the patient. Treatment will be based on holistic principles, and all known therapeutic approaches will be considered. Our approach is to focus on the individual and the complex relationship between body, mind and soul.
KWA Klinik Stift Rottal has been carrying out in-patient neurological rehabilitation for more than 20 years. We draw on our vast range of services and therapies to design a treatment plan that is tailored to meet each patient's individual needs. Our hospital offers help to stroke and multiple sclerosis patients as well as patients with other neurological disorders.

We have special rehabilitation programmes for patients suffering from:

- Multiple sclerosis
- Stroke
- Parkinsons disease
- Infantile cerebral palsy
- S/p brain surgery
- S/p intervertebral disc operation
- Lumbal spinal stenosis
- Traumatic brain injury

- Paraplegia
- Polyneuropathy
- S/p meningitis/encephalitis
- Hydrocephalus
- Amyotrophic lateral sclerosis
- Muscular dystrophy
- Myasthenia
Treatment options

Conventional

Our standard treatments are physiotherapy, occupational therapy, speech and swallowing therapy and neuropsychology.

Physiotherapy builds on all traditional approaches, e.g. manual therapy techniques, Bobath therapy, equipment-assisted therapy, therapeutic climbing, massages and several forms of electrotherapy.

Occupational therapy helps people of any age who lack the capacity to act, or are at risk of losing this capacity. Occupational therapy aims to increase the patients’ quality of life, social participation and capacity to act in their daily life through various activities and actions. The focus is on learning and practising motor, cognitive, social and psychological skills.

Speech and swallowing therapy includes information and counselling services on and treatment of speech, language and swallowing disorders in children, teenagers and adults.

Neurological disorders can be accompanied by cognitive impairment like, for example, concentration and memory problems. Brain damage may cause impaired or altered vision and eyesight even if there is no damage to the eyes.

Neuropsychological diagnosis is mostly based on the admission assessment, neuropsychological performance tests and behavioural observation. If required, neuropsychological treatment may also include the development and use of compensation strategies and psychotherapy.

“Healing comes from own body, soul and mind. Other people and things can be of assistance.”

Dr. Ebo Rau, German physician
Rehabilitation services for children

KWA Klinik Stift Rottal provides rooms designed to meet the needs of children, closely co-operating departments and a large number of treatments that complement each other.

We specialise in children suffering from:

- Infantile cerebral palsy (ICP)
- Muscular dystrophy
- S/p traumatic brain injury
- Meningitis encephalitis

The following therapies have proven to be especially effective in children with spasticity:

- Conductive education according to Dr. Petö
- Neuroactive reflex therapy
- Synergetic reflexology
- Craniosacral therapy
Treatment options
Alternative

In addition to the conventional approaches mentioned above, one of the following alternative therapy methods may be used, according to your individual clinical needs:

**Conductive education according to Dr. Petö**
In conductive education, several treatment methods like remedial gymnastics, occupational therapy and speech and swallowing therapy are delivered by a single therapist, the so-called conductor.

Unlike many other hospitals, we combine individual and group therapy.

**Neuroactive reflex therapy**
Neuro-reflexology combines special massages, joint mobilisation and reflex zone therapy.

This treatment method was developed in the Ukraine and has proven surprisingly effective in children with spastic paralysis.

**Craniosacral therapy**
Craniosacral therapy is a manual technique for the cranial (head) and sacral bone areas. It is a branch of osteopathy.

The therapist mainly uses a special touch technique on your head and face, spine, sacrum and coccyx. These bones express a rhythmic motion, which is independent of the respiratory and heart rates. By assessing this rhythm, the therapist can identify restrictions, tissue adherence and dysfunctions in the patient’s entire body.
Synergetic reflex therapy according to Dr. Pfaffenrot
Synergetic reflex therapy according to Dr. Pfaffenrot follows an interdisciplinary approach that combines several natural treatments based on neurophysiology. Synergetic reflex therapy is primarily aimed at children with spastic paralysis. This method combines elements of globally accepted reflexology approaches like acupuncture, acupressure, hand, head and foot reflexology, chiropractic medicine and osteopathy. These approaches are used simultaneously to achieve effects and reciprocally enhance their effectiveness.

Galileo vibration therapy
Vibration therapy is based on the use of a “Galileo XS” therapeutic device. The device produces a large number of vibrations, which help improve co-ordination of movements. This method has proven successful in orthopaedic patients (e.g. patients experiencing chronic back pain etc.) and neurological patients (e.g. in multiple sclerosis, stroke and infantile cerebral palsy patients).

Giger therapy
Giger MD enables the patient to move his/her arms and legs in a safe and painless position (lying on the back). Even if limbs are paralysed or have reduced function after stroke, or if co-ordination and range of movement are reduced due to spasticity or long immobilisation, the therapist will be able to place the patients arms and legs in the correct position using bandages and belts.

Giger MD helps improve motor function and co-ordination. In addition, gentle rotation of the arms and legs may also affect the trunk and thus relieve pain in the joints and the spine. For this reason, the device can also be effective in chronic disc problems and back pain.
01. Galileo vibration therapy, 02. Synergetic reflex therapy according to Dr. Pfaffenrot, 03. Conductive education according to Dr. Petö, 04. Stimulation of autonomic nervous system by AVWF-Method
Thera-Trainer balo
The balo exerciser enables the patient to increase trunk engagement in a standing position. What makes this exerciser special is its adjustable table, which is actively controlled by the patient. A screen displays the activity of the trunk during game-based exercises. Gentle trunk movement and leg weight support are desirable therapeutic approaches which may also be useful in physiotherapy.

Mentastim®
Mentastim® has been developed in co-operation with KWA Klinik Stift Rottal over several years. This device helps reduce the effects of stroke, even many years later. The patient is instructed to deeply imagine moving his/her paralysed hand. This mental stimulus is measured by the Mentastim device. When the stimulus is strong enough, the device electrically evokes a movement.

This method may also be successful in patients with multiple sclerosis, s/p traumatic brain injury, infant brain damage or incomplete spinal cord injury.

Audiovisual stimulation (AVWF®)
This method was developed by Ulrich Conrady. Acoustic waves in music are altered in such a way as to stimulate and re-balance the autonomic nervous system. Children, teenagers and adults who listen to this music via noise-cancelling headphones may increase their learning abilities, attention, motor skills as well as mental and physical performance. Subconscious biological processes are activated to re-establish mental balance and enhance mental performance.
(Source: AVWW e.V.)
Matrix rhythm therapy according to Dr. Randoll

Matrix rhythm therapy (MaRhyThe®) helps to reduce pain and eliminate symptoms of muscle and skeletal diseases. It may be applied after operations and in rehabilitation. Matrix rhythm therapy uses oscillations to produce resonance in the skeletal muscles. The oscillations are generated by a device and applied to the muscle fibre in specific therapeutic positions. When combined with physiotherapy, matrix rhythm therapy may stimulate tight, spastic or even paralysed muscles to improve limb and trunk functions and provide targeted pain relief.

Yoga

We have been working in cooperation with Vivekananda Yoga University in Bangalore, India, for several years. Every year we invite up to four yoga students to stay at our hospital for a period of approx. three months to conduct a study on the effectiveness of yoga in patients with neurological conditions.

Yoga therapy is based on the following principles:

- The muscles of all body regions should be involved in the movements.
- The muscles are contracted and stretched to keep the body fit and supple.
- The patient learns to focus.
- The patient experiences his/her body and self.
- Targeted breathing is used to calm the central nervous system.
Yoga, the whole musculature of the body is included in the sequence of movements.
Ayurveda
In co-operation with Ayushakti Hospital in Mumbai, KWA Klinik Stift Rottal offers Panchakarma treatments based on medical science. Indian Ayurveda therapists visit our hospital twice a year.

Panchakarma is a deep inner cleansing process of the body based on the Ayurvedic elements. A strict Ayurvedic diet and the use of several herbs enable the body to release and remove toxins, thus improving its self-regulation abilities and energy balance. Occasionally, we prepare the food for our Ayurveda customers, which is served at meal times, directly in front of them (“front cooking”). This enables our patients to actively experience the cooking process.

For further information on our Ayurveda treatments, appointments and prices, please visit: www.ayurveda-wochen.de

Homoeopathy
Homeopathy is an alternative method of treatment, based on nature’s Law of Cure, namely “Like Cures Like”. It is a logical, safe and extremely effective method of healing. Homeopathy is a sound medical science and has its own concepts of health and disease. It tackles disease at its very roots. The aim of homeopathic treatment is not merely to alleviate the symptoms, but to heal the patient from within.

Acupuncture
Acupuncture is a technique of inserting needles into so-called “acupuncture points” on the body. According to acupuncture teachings, this helps restore health and well-being and is particularly suitable for treating all kinds of pain.
01. Ayurvedic treatment
02. Ayurvedic cooking
03. Acupuncture treatment
04. Ayurvedic pulse diagnostic