



Centre for Joint and Sport Surgery

YOUR MOBILITY IS OUR
TOP PRIORITY



EXPERTISE THAT YOU CAN TRUST

The average age of the population is constantly increasing. We all have an indisputable need to remain active and free from pain throughout our lives. Staying in good physical condition means maintaining a high quality of life and preserving mobility and independence. In the course of a lifetime, problems with the musculoskeletal system may have various causes.

Sports injuries or accidents such as fractures, torn ligaments, injuries to meniscus or cartilage etc. are the most common causes in younger, active people. In later life, problems may be due to illness, accidents or wear and tear on the joints (osteoarthritis). This can lead to the need for conservative or surgical treatments. When looking at surgical treatment, we make a rough distinction between procedures that preserve the joint (arthroscopy, cartilage replacement, suturing or reconstruction of ligaments, surgical treatment of fractures) and procedures involving partial or complete replacement of the joint with an artificial joint, or joint revision.

Gentle operating techniques and rapid mobility

Our motto at the Centre for Joint and Sport Surgery is: “Your mobility is our top priority.” We always aim to offer you the most effective but gentle treatment, with minimal pain and a speedy recovery. Today, a range of minimally invasive and computer-aided surgical techniques are available for this purpose as complements to conservative therapies. They facilitate rapid restoration of the original function and mobility. Early mobilisation instead of using immobilising bandages, splints or casts is crucial in this regard. Our treatment team includes specially trained physiotherapists who carry out the follow-up treatment in consultation with the specialists treating you. When it comes to implants and artificial joints for hips, knees, shoulders or ankles, we use the latest, high-quality, well-tolerated products, representing the state of the art in science and technology.



ORTHOPAEDICS, TRAUMA SURGERY AND SPORTS INJURIES

The work of the Centre for Joint and Sport Surgery is varied and extensive. We provide conservative treatments and surgical procedures in the fields of trauma surgery, orthopaedics, joint replacement (endoprosthetics) and hand and foot surgery. Whenever possi-

ble, operations are carried out in a minimally invasive manner (arthroscopy, hip replacements, knee replacements). We treat all painful joint problems caused by sports injuries, accidents, illness and wear and tear.

OUR RANGE OF TREATMENTS

Conservative treatments include:

- Physiotherapy
- Cartilage support
- Anti-inflammatory and pain medications
- Autologous therapy for cartilage and ligament injuries
- Lubricating injections for the joints (hyaluronic acid injections)
- Special bandaging

Whenever possible, surgical procedures are performed using minimally invasive techniques (e.g. arthroscopy, hip and knee replacements). As a centre of excellence with a wealth of experience, we can respond quickly and flexibly at any time. We only use high-quality, state-of-the-art materials that are extremely well tolerated. We offer the following surgical procedures:

Shoulder

- Arthroscopy of the shoulder joint
- Correction of instability and dislocation
- Treatment of fractures of the collarbone, humeral head and upper arm
- Release of rotator cuff pinching (“painful arc”)
- Reconstructive treatment of restricted movement
- Removal of calcium deposits
- Shoulder replacement (artificial shoulder joint)

Elbow

- Arthroscopy of the elbow joint
- Removal of loose bodies
- Surgical treatment of fractures of the elbow and forearm
- Tennis elbow, golfer’s elbow and other problems with tendon attachment
- Nerve displacement
- Treatment of restriction of movement
- Elbow replacement

Hand

- Arthroscopy of the wrist
- Treatment of carpal tunnel syndrome
- Treatment of trigger finger
- Treatment of restriction of movement (Dupuytren’s contracture)
- Finger joint replacement

Hip

- Minimally-invasive and conventional hip replacement (artificial hip joint)
- Femoral neck axis correction
- Treatment of fractures of the femoral neck and thigh

Knee

- Meniscus surgery by partial removal or suture
- Anterior and posterior cruciate ligament reconstruction
- Cruciate ligament suture and stabilisation using special suture material
- Lateral ligament repair
- Corrective surgery for kneecap cartilage damage
- All surgical procedures for painful kneecaps involving outward displacement (lateralisation of the patella)
- MPFL reconstruction (restoration of the stable inner kneecap ligament)
- Cartilage/bone transplant for cartilage damage
- Knee axis correction for bow legs or knock knees
- Surgery for osteoarthritis with cartilage smoothing and removal of new bone formation
- Treatment of fractures of the patella or knee joint
- Treatment of injuries of the knee tendons
- Knee replacement (surface replacement, partial or total prosthesis)
- Treatment of painful knee joint prostheses including revision knee replacement

Ankle joint and foot

- Arthroscopy of the ankle joint
- Removal of new bone formation and scar tissue, (“footballer’s ankle”)
- Ligament reconstruction
- Treatment of fractures of the ankle joint and foot
- Treatment of Achilles tendon rupture
- Surgery for cartilage and bone defects
- Surgical treatment of chronic tendon luxations
- Treatment of paralysed foot drop (tendon transplant)
- Joint stiffness
- Joint replacement (big toe, ankle)
- Treatment of toe deformities (hallux, hammer toe, claw toe)
- Treatment of heel spurs and other new bone formations
- Treatment of forefoot pain (metatarsalgia and neuromas)
- Treatment of flat foot or valgus deformity

CENTRE FOR JOINT AND SPORT SURGERY

We are located at the Pyramid Clinic, close to Zurich city centre. Since 1993, the Pyramid Clinic has been dedicated to its vision of achieving surgical excellence. Your choice of doctor is your starting point and is crucial for the success of your treatment. This is why the Pyramid Clinic works on the principle of affiliated specialists. Our surgeons are leading specialists in their fields.

Staying at the Pyramid Clinic

As our patient, you will decide – together with your surgeon – on the best treatment for your condition and when it will take place. You will need your own supplementary insurance (semi-private or private) or can be a self-paying patient (i.e. you pay the difference between standard and supplementary insurance yourself). At the Pyramid Clinic, you will have definite additional benefits with your supplementary insurance or upgrade, enjoying the highest standards of service in both medicine and hospitality. We also guarantee personalised service, flexibility and the key benefit of continuity in your medical and nursing care.

Surgery and anaesthesia

Most orthopaedic and trauma surgery procedures are performed under general anaesthetic and require several days in hospital, followed by physiotherapy. Minor proce-

dures may be performed under regional anaesthetic and/or as outpatient cases. The latest painkillers provide rapid relief from pain after the operation.

Expertise with a human touch

The Pyramid Clinic is a private clinic specialising in selected surgical fields, with approximately 120 staff and numerous fully accredited specialists. The Clinic's motto is "Excellence For You", because the highest standards of quality, individual care and attention, a personal atmosphere and our beautiful lakeside setting are the hallmarks of our clinic. We give top priority to providing our patients with warm personal attention and respect.

YOUR SPECIALISTS

The Centre for Joint and Sport Surgery was established at the same time as the Pyramid Clinic itself and is among the leading locations for treating problems with the musculoskeletal system. Dr Andreas L. Oberholzer and his team are very aware of the disadvantages of postponing the treatment of acute and chronic pain and guarantee rapid, expert assessment and advice as well as treatment without delay. Each patient receives individualised care from their specialist. Through mutual assistance and cover during absence,

patients can contact a well-informed expert at the centre at any time. Visit our website at www.pyramide.ch/en/joint-and-sport-surgery/ and get to know Dr Oberholzer and his team. They are all proven experts in the field of joint and sport surgery.

Our opening hours:
Monday to Friday
8:00 a.m. to 12:00 p.m. and
1:00 p.m. to 5:00 p.m.



HOW TO FIND US

Centre for Joint and Sport Surgery
Klinik Pyramide am See
Bellerivestrasse 34, 3rd floor
8034 Zurich

We also work together with other external orthopaedic and trauma surgeons. Locations of their medical practices can be found at www.pyramide.ch/en/doctors/.

Free parking is available in the clinic's underground car park. We are also easy to reach by public transport. Take bus 33 or tram 2 or 4 to the "Höschgasse" stop, or the Küssnacht bus 912 or 916 to the "Elektrowatt" stop.

