



# International Residency Exchange: Germany

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# WILLKOMMEN TO DUETSCHLAND

Here





- Sportsclinic Cologne
- Institut Für Funktionelle Diagnostik (IFD)
- St.Josefshospital (Uerdingen-Krefeld)



# Sportsclinic Cologne



# Sportsclinic Cologne

- ▶ Sports trauma and other orthopaedics and joint conditions.
- ▶ Surgical and conservative treatment





## Return to Sports clinic

- ▶ Full ROM
- ▶ No weakness, no pain when motion
- ▶ Negative all provocation test
- ▶ No psychological fear

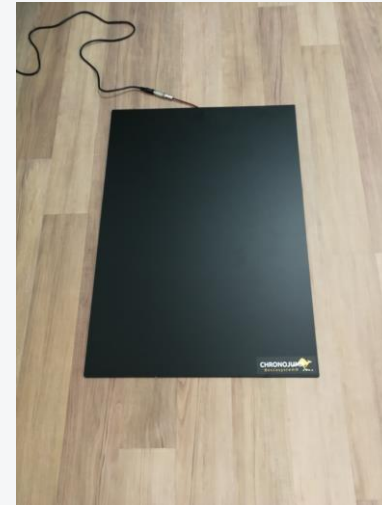
Test I → 6 months post-operation

Test II → 9 months post-operation

# Return to Sports clinic

## Test I

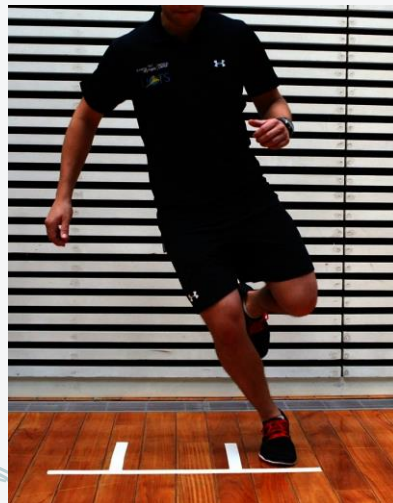
- ▶ Balance board
- ▶ Y-Balance-Test
- ▶ One-leg squat (video analysis)
- ▶ One-leg vertical jump (video analysis)



# Return to Sports clinic

## Test II

- ▶ One-leg jump
- ▶ Side-hop-Test
- ▶ Agility Test (Splint test)
- ▶ Speedy jump







# Institut Für Funktionelle Diagnostik (IFD)



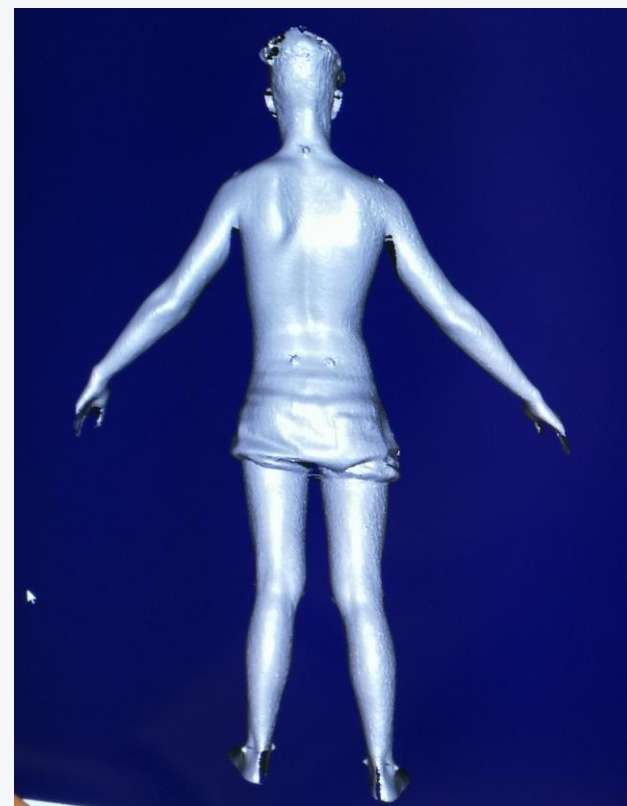
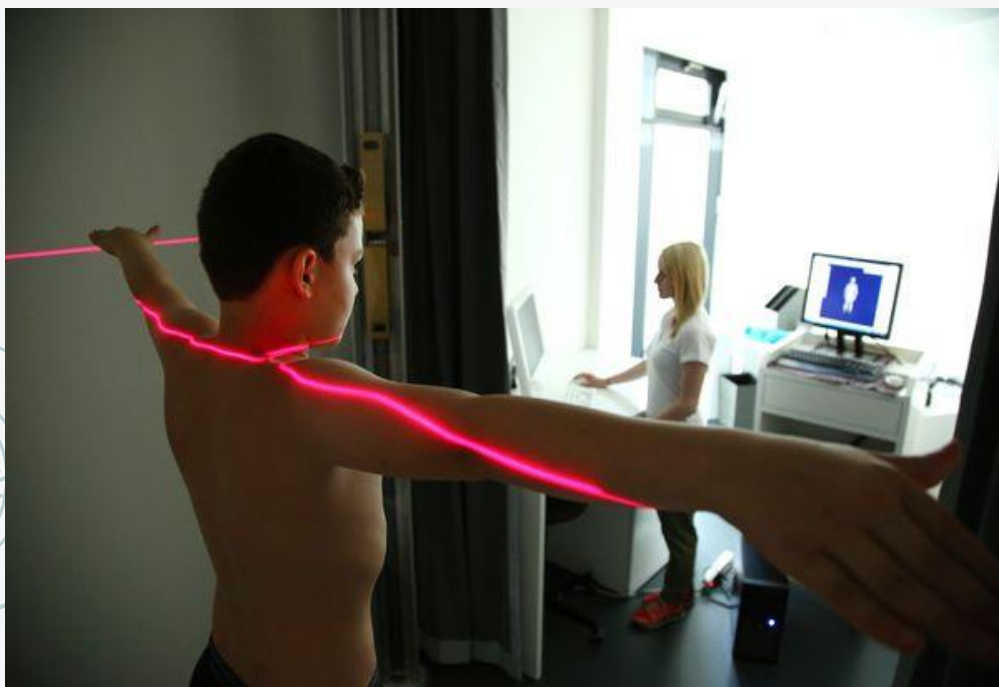


# Institut Für Funktionelle Diagnostik (IFD)

- ▶ Focused on the diagnosis of dynamic functions of musculoskeletal system
- ▶ For patients with orthopaedic or neurologic problems
- ▶ Also for healthy athlete screening

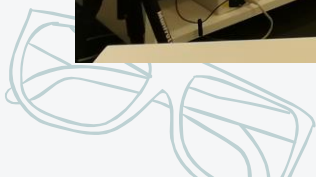


# 3D Whole Body Scanner

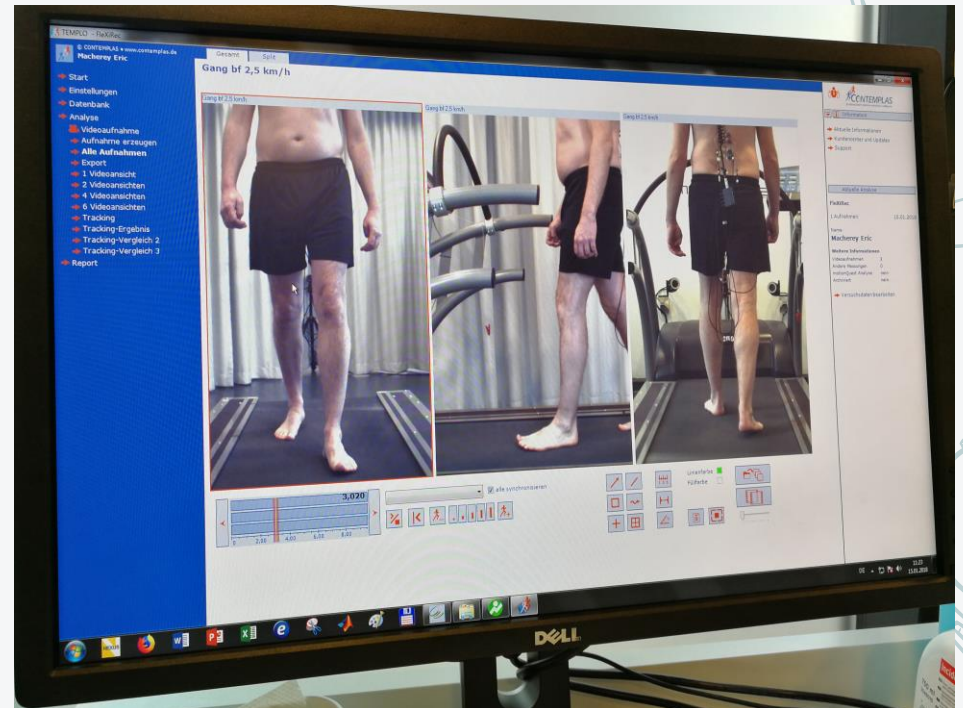


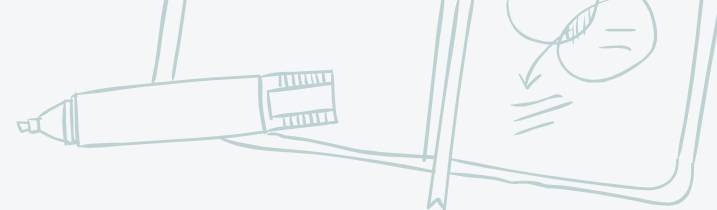


# Video Analysis



- ▶ Video Gait analysis
- ▶ Running technique training



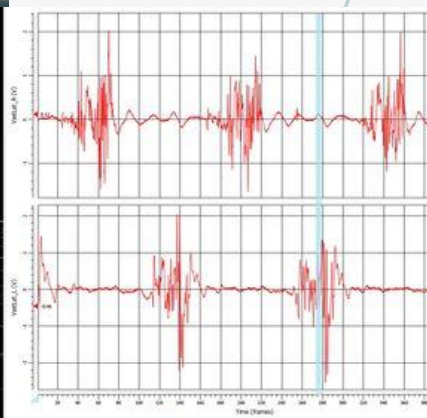
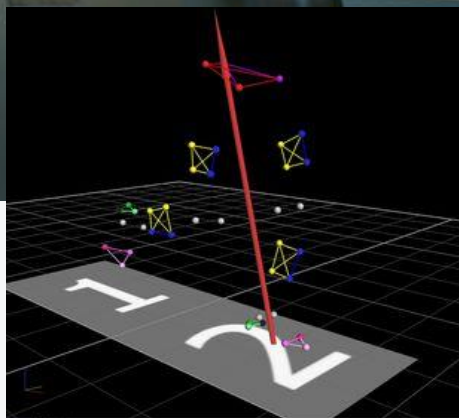


## ► EMG biofeedback

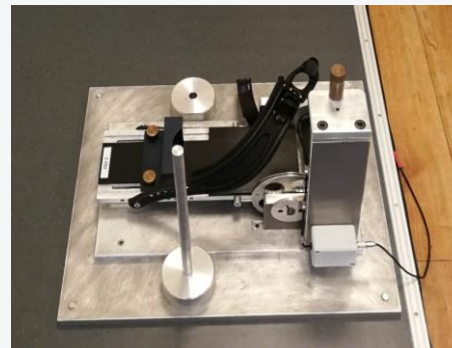




# 3D Motion Analysis



# Neuromuscular function testing







# St. Josefshospital (Uerdingen-Krefeld)





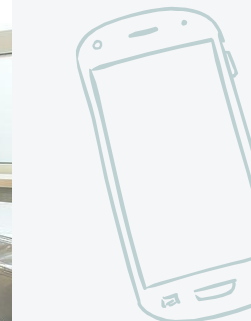
# Fysioconcept Department

- ▶ Outpatient & Inpatient care
- ▶ 25 therapist:
  - ▶ 6 geriatric therapists
  - ▶ 7 inpatient therapists
  - ▶ 6 sport/orthopaedic therapists
  - ▶ 6 general therapists





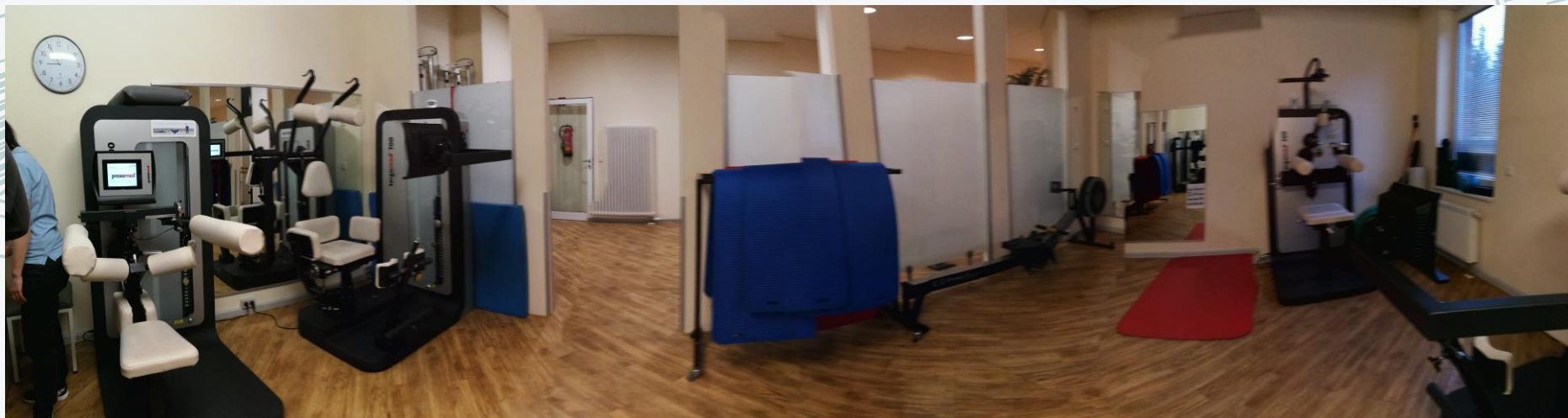
## Anti-gravity treadmill training





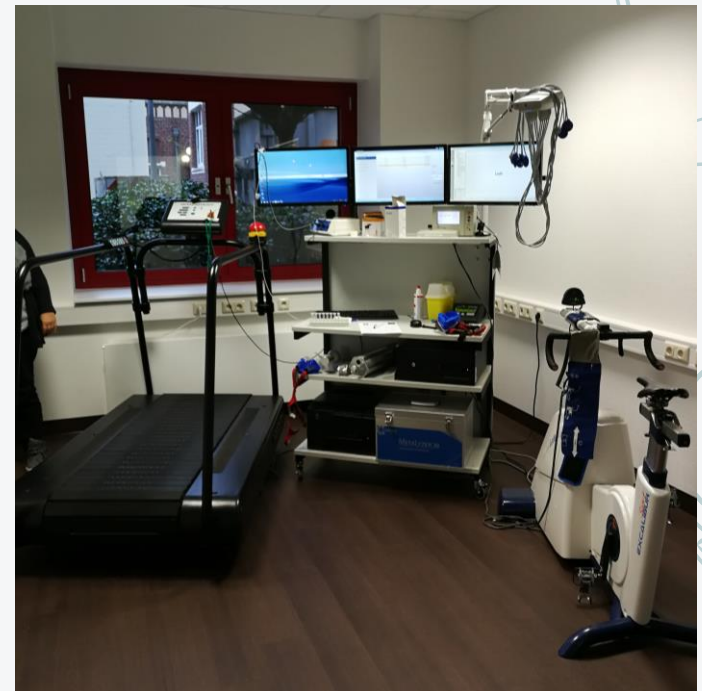
## Spine training by FPZ concept

- ▶ Analysis based medical training therapy for the spine
- ▶ Individualized program with computer-aid feedback



# Cardiopulmonary exercise test

- ▶ Non-professional or professional athlete
- ▶ Performance diagnostic and training program





# Geriatrics Unit





THANK YOU!

