

Give yourself
a healthy treat



Klinik Hohenfreudenstadt

Centre for Preventive Therapy and Rehabilitation

- Internal Medicine
- Orthopaedics
- Psychosomatic

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Gesundheitspark
HOHENFREUDENSTADT



Klinik Hohenfreudenstadt

Centre for Preventive Therapy and Rehabilitation



special programmes
and Health weeks in
Hohenfreudenstadt

Health resort and spa



*Welcome to our Centre
for preventive therapy
and rehabilitation.*

The Hohenfreudenstadt Clinic has a 50 year tradition as a medical centre for preventive therapy and rehabilitation. Special emphasis is placed on the integral look at the whole person. The manageable size of 105 beds, the closeness to nature and the proximity to the town centre and the hotel-like character as well as the individual and personal care given, enable you to relax and contribute to your rehabilitation.

The health- and special weeks on offer include a variety of basic programmes at no additional cost.

Medical and Cultural:

Health presentations, concerts, travel documentaries, coach tours, ecumenical meditations, theatre, Black Forest evenings and lots more are on offer.

Sports activities:

Guided walks, bicycle tours, bicycle hire, archery, Nordic walking and during the winter season curling, cross country skiing etc., are on offer.

Our Target Group

People with movement disabilities, diet related illnesses, such as diabetes and weight problems, high blood pressure and stress related problems, those who suffer from exhaustion, posture and back problems.



PRICELIST:

Health weeks from 7 nights with full board, including all therapeutic treatments, inclusive of tourist tax.

Special programmes from 14 nights with full board, including all therapeutic treatments, inclusive of tourist tax.

From **April** through **October**

One health week per person including medical consultation	660,- €
One additional week per person including medical consultation	580,- €
One special programme (14 days) per person without medical consultation	1.140,- €
One additional week per person without medical consultation	530,- €

Our "**Winter Specials**"

From **November** through **March**

(except between 20th December and 6th January)

One health week per person including medical consultation	590,- €
One additional week per person including medical consultation	530,- €
One special programme (14 days) per person without medical consultation	1.020,- €
One additional week per person without medical consultation	480,- €

All the basic plans, which are part of the Health week and Special programme offers can of course be extended to include individual medical and/or therapeutic treatments at an additional cost. Kindly consult with your doctor on this issue.

special programme:

Activities to stimulate the heart and circulation



A real tonic!

We all know the feeling: we are tired, depressed and in no fit state to function properly. Circulation problems are increasing and before we know it we start to experience heart trouble. Our concentration level and muscle toning are letting us down. This is the time when we are in real need for some "tonic" in order for us to renew energy levels and "Joie de vivre". Quite

a lot of research has been done on the subject during the last few years and modern science has rediscovered old tested and proven methods.

Natural "anti-aging"

The positive effects of natural treatments were established by Pastor Kneipp a long time ago. A combination of properly calculated exercises, a healthy diet, not forgetting times to relax and of course proper natural medicines all lie at the source of improving heart rhythm and circulation.

Exercising is fun!

Nowadays we exercise too little. For example statistics indicate that our daily walking amounts to less than 2 KM. It therefore should be no surprise that our circulation is no longer being sufficiently challenged. An improvement in this condition can already be noticed by half an hour's sound exercising 3 to 4 times a week, such as walking or cycling. Not only will your blood pressure improve, but also your muscles and tendons will benefit as well as your back and it will benefit osteoporoses and arthritis symptoms. Motivation is the key. Experienced therapists will gladly help you to discover the joy of exercising.

Healthy and balanced diet

Diet factors can contribute to the cause of high blood pressure, heart infarcts, arterial diseases and kidney problems as well as other illnesses caused by today's lifestyle. Small adjustments to our daily diet can already positively influence the course of a disease. You will discover how easy it is to make these adjustments while enjoying our well prepared meals.

To be fit and healthy every day

During your stay you will be looked after by specialists in cardiology and sports medicine as well as dieticians. They will discuss individual therapy programmes with you. Orthopaedic related illnesses will be treated accordingly. Professional and well trained sports and exercise physiotherapists, masseurs and pool-attendants guarantee a high quality of treatment. Our therapists will gladly give you good and sound advice as to workout programmes and positive changes in your life style for every day.

Integral Therapy

The Hohenfreudenstadt Clinic with its specialized fields in internal medicine, orthopaedics and psychosomatics has a wide range of therapeutic treatments on offer. Next to the treatment to improve both stamina and general physical condition those in need of more specialised gymnastics due to illnesses such as osteoporoses and others will be catered to accordingly. The same could be done for stimulating circulation, activating metabolism and the relaxation of muscles.

- Medical check-up and consultation during which a therapy concept will be established (*)
- Cardiovascular profile diagnosis(*)
- Stress tests (treadmill, ergometer training with blood pressure and ECG check)
- Sports and exercises for cardiac patients
- Water gymnastics/Aquajogging
- Balneo-hydrotherapy using the Kneipp method
- Dietary and medical lectures
- High blood pressure seminar
- Training in relaxation techniques
- Stress management seminar
- Massage
- Swimming
- Sauna

(*) there will be an additional charge for these consultations and diagnoses)

It is a matter of great concern to see the sharp increase in diseases due to poor diet and bad life style habits. The cost of combating these illnesses is astronomical. To realise that most of these diseases could be avoided makes one wonder at the current preoccupations of society.

The prevention and treatment of these mostly chronic diseases have been neglected for too long. It is only recently that the necessity to combat these diseases at an early stage, coupled with subsequent treatment has been recognised. New therapy concepts now also include preventative measures.

The Hohenfreudenstadt Clinic practices an integral therapy concept in preventative therapy and rehabilitation, including natural methods of treatment.

Diet related diseases:

- Adipositas (Overweight)
- Arterial hypertension
- Diabetes mellitus (Type 2)
- Gout
- Metabolism disorders
- Kidney diseases
- Intestinal diseases
- Cancer
- Osteoporosis
- Coronary heart diseases
- Food allergies
- Skin diseases (Neurodermatitis)
- Rheumatic diseases



Dietary adjustment in the Hohenfreudenstadt Clinic

During your stay you will be looked after by doctors specialising in dietary medicine as well as experienced dietitians. Firstly individual dietary problems will be discussed and analysed with each person, with whom a personal therapy concept will be set out. Centre place is given to the personal experience of the change in diet and the positive effects this has on the overall wellbeing. To assist in this, opportunities for individual consultations, dietary lectures, seminars and teaching kitchens are available.

The dietary therapeutic measures can be supplemented with exercise- and posture therapies. An important challenge to us is:

How to continue the "new" life style and diet in every day life?

One thing is clear: Long-term successes can only be achieved through a lasting change in dietary habits, which has been started during the stay in the clinic. Training to a successful "self-help" concept will be given from the very start.

- Medical check-up and consultation during which a therapy concept will be established(*)
- Individual dietary consultation(*)
- Loss of weight seminar
- Dietary and medical lectures
- Psychologically led eating habits groups
- Exercise for the overweight person
- Stamina sports (walking, ergometer training)
- Group gymnastics
- Water gymnastics
- Mastering relaxation techniques
- Massage
- Balneo-hydrotherapy using the Kneipp method
- Swimming
- Sauna

(*) There will be an additional charge for these consultations and diagnoses)

Attitude adjustment and learning how better to cope with Diabetes in the Nordschwarzwald Diabetes Centre

Assisting to self help

During the past years changes have been made in the treatment of Diabetes mellitus. The most noticeable of these are special concepts geared toward the individual patient rather than general rigid guidelines and restrictions. With this new method of giving the patient more freedom, the quality of life has greatly improved as well.

In the integral therapy programme for people with diabetes mellitus our main focus is on an intensive course of learning about the disease as well as the various treatment options. To assist in helping yourself is our primary goal. Added to the tested training programmes for diabetics other important treatments will be given. These include dietetics, exercise therapy and balneo-physical measures. An experienced team of therapists will assist with the treatment. The location of the Hohenfreudenstadt Clinic and the climate play a part in the healing and relaxation process as well.

Integrative concept

Every diabetic should be able to live a normal life. It is necessary however to be fully aware of the symptoms of ones illness in order to be able to react in the proper way in case of need. The goal of the training is to create such an awareness to deal with ones own circumstance that visits to either a doctor or a diabetes consultant to a large extent will become unnecessary.



"Those who understand will know how to help themselves!"

Trained patients become more independent. With every-day problems they don't have to rely on either a GP or visits to the hospital. The diet therapy at the Hohenfreudenstadt Clinic plays an important role for diabetics as well. Within the framework of the overall programme special seminars and presentations on diet matters, related illnesses (high blood pressure, metabolism disorders, overweight, etc.) can also be attended. To top things off food preparation sessions will be on offer as well.

Exercise therapy traditionally takes centre stage at the Hohenfreudenstadt Clinic with the treatment of people with diabetes mellitus. A variety of stamina and other sport exercises are available.

- Medical check-up and consultation during which a therapy concept will be established(*)
- Special lectures for diabetics(*)
- Individual counselling(*)
- Food preparation training
- Diabetes surgery
- Dietary and medical lectures
- Loss of weight seminar
- Stamina training (walking, ergometer training etc.)
- Group gymnastics
- Water gymnastics
- Massage
- Swimming
- Sauna
- Guided walks

(*) There will be an additional charge for these consultations and diagnoses.

Back- and joints week

Oh those back - and joint aches!

Your mobility will gain from our group exercises and practical examples using carefully calculated and effective physical workouts.

You will be taught how to spare your back in every day life with the specialised programmes, such as the excellent Nordic walking exercise, which delivers an equal distribution of energy on the moving body parts, such as the arms, the legs and the back. A correct breathing technique obviously is essential as well. You will be able to learn this at the time of the group breathing exercises. Individual ergometer cycling rounds of the guidelines for performance and resilience. This all is part of the prevention and curing of back and joint problems.

- Medical check-up and consultation during which a therapy concept will be established(*)
- Therapeutic volleyball (by agreement)
- Back "school"
- Massage
- Group gymnastics
- Ergometer training
- Swimming
- Walking/Nordic walking
- Guided walks
- Dietary and medical lectures



Health week Lerning to cope with stress

Simply relax!

To be stressed is common for everyone but is often a burden. This experience can be caused by lack of time, pressure to perform, anxiety about losing control, helplessness and also irritation resulting in uncontrolled anger.

During our life time we have learned to discern between positive and negative stress. The negative stress triggers off a complex physical and mental adjustment process. This may occur in the following three phases: alarm-, resistance- and exhaustion phase.

How can we successfully resist negative stress? An important prerequisite is to be bodily fit. This can be accomplished by breathing and regular exercises, sport and walking and many other forms of relaxing exercises. Of further assistance will be stress control exercises and confidence building exercises. The latter are done in group sessions, as are psychological lectures on life style.

- Medical check-up and consultation during which a therapy concept will be established(*)
- Therapeutic volleyball
- Relaxation exercises
- Stressmanagement groups
- Massage
- Group gymnastics
- Breathing exercises
- Swimming
- Sauna
- Medical lectures



Relaxation Week

To relax does not mean to go limp!

Relaxation Week is for the more senior people who already have reached the goals they set for themselves. At a more mature age the bodily capacity seems to become more restricted. Complaints start to develop with aging and new experiences quite often become problematical.

Relaxation Week of course cannot stop the aging process. But it supports physical strengthening and mental flexibility, as well as the curiosity and joy of discovering something new every day. For those who come to us having experienced stressful situations at work or due to family circumstances, a week of relaxation is the ideal start and preparation for a further in depth training week on how to cope with stress. During the week exercises such as breathing control, general gymnastics, volleyball, hiking, the Jacobson relaxation method and relaxation through self-hypnosis take place as group exercises. In this way you will reexperience bodily sensations anew and you will gain renewed confidence in dealing with every day life.

- Medical check-up and consultation during which a therapy concept will be established
- Therapeutic volleyball
- Relaxation exercises
- Medicinal baths
- Massage
- Group gymnastics
- Water gymnastics
- Swimming
- Sauna
- Medical and dietary lectures



Kneipp method- a "vital"week

In today's fast moving times, the Kneipp method hits the spot!

How about bringing your circulation properly back into action? Maybe you would like to strengthen the body's defences? Or create more resilience in order to cope with every day life. With the Kneipp method – vital week your body will be able to directly experience the positive effects of natural treatments. Thus, as it is done already for 150 years in Bad Wörishofen, the day starts with water therapy, according to the Kneipp method.

But the Kneipp method not only covers the use of water (Hydrotherapy). Further therapies include regular gymnastic exercises and stamina training (motion therapy), a healthy, low-fat and high fibre diet (nutritional therapy), the recovery of healthy internal equilibrium by relaxation, stress reduction and harmonisation of the body functions.

- Medical check-up and consultation during which a therapy concept will be established
- Hydrotherapy according to the Kneipp method
- Water gymnastics
- Group gymnastics
- Breathing exercises
- Medicinal baths
- Massage
- Therapeutic volleyball
- Guided walks
- Medical lectures
- Swimming
- Sauna
- Altering hot and cold baths for feet





Guest's name: _____
 Therapist: _____

(kindly make arrangements with your physio-therapist for your massage treatments and your ergometer training sessions) 8.00 - 8.15

Monday 07.30
 08.15 visit with a GP and/or Specialist
 10.00 breathing exercises
 10.30 group gymnastics
 11.30 therapeutic volleyball
 aqua jogging

 20.00 ergometer training at your leisure
 evening programme / health presentation

Tuesday 08.15 breathing exercises
 10.00 group gymnastics
 10.30 therapeutic volleyball
 11.30 massage for instance

 ergometer training at your leisure

Wednesday 08.15 breathing exercises
 10.00 group gymnastics
 10.30 therapeutic volleyball

 ergometer training at your leisure
 20.00 guided walk
 evening programme

Thursday 08.15 breathing exercises
 10.00 group gymnastics
 10.30 therapeutic volleyball
 11.00 medical therapy on specialized equipment

 13.30 ergometer training at your leisure
 guided (bus) tour (optional)

Friday 07.30 Nordic Walking
 08.15 breathing exercises
 10.00 group gymnastics
 10.30 therapeutic volleyball
 13.30 guided walk

 20.00 ergometer training at your leisure
 cultural evening programme

Saturday see Friday's programme
 14.30 Archery

A typical weekly programme.