

A focus on rehabilitation

Where your treatment is tailored to you and your medical history matters



WELCOME TO BETHESDA SPITAL

After an illness, accident or operation, patients want to get back to their normal day-to-day lives as soon as possible. Rehabilitation is designed to get people there – as quickly or as slowly as the circumstances require.

Mobility means independence. Patients who lose some physical functions often have to give up their usual everyday routines for an extended period of time.

At Bethesda Spital, we support our patients during their rehabilitation both physically and mentally in the best possible way. We create the ideal conditions for your recovery through a process of continuous care, adapting the pace of rehabilitation to your situation, and acting with respect and empathy. Our spacious car park right outside the hospital door, the bright and airy patient rooms and our range of convenient services also contribute to your well-being.

Whether your rehabilitation is long or short, inpatient or outpatient, our certified rehabilitation team is always on hand to serve you, providing you with all the respect you deserve along with top medical, care and therapy services as you start your journey back to your everyday life.

We are here for you!

A focus on rehabilitation

Find out everything you need to know at:

bethesda-spital.ch/reha



Courses and events

Discover our services at:

bethesda-spital.ch/kurse



WE SUPPORT YOU WITH YOUR RECOVERY

Rehabilitation is one of our core areas of focus at Bethesda Spital. We respect you and your individual requests. We are guided not only by your diagnosis, but by your activity goals and how you want to participate in public life.

For a better quality of life

We take all suitable measures to ensure your body can once again function as it is supposed to. Our treatment is evidence-based, meaning it observes current medical knowledge, and we always perform treatments in collaboration with various departments at our hospital. Our expertise in rehabilitation is linked to our focus on the musculoskeletal system, enabling us to offer you a full treatment plan for your mobility from a single source.

The best treatment, guaranteed!

Swiss REHA, the association of leading rehabilitation clinics in Switzerland, has certified the Clinic for Rehabilitation at Bethesda Spital in the area of in musculoskeletal rehabilitation. This means we meet the highest quality standards and are one of the leading rehabilitation clinics in Switzerland.

Our philosophy: putting people at the heart of everything

We put you and your needs first. We regularly conduct patient surveys to confirm our approach is correct and our standards in medicine, care and therapy are exactly where they should be – as evidenced by the top marks we regularly receive.

We want you to have everything you need, which is why we provide comfortable rooms, superb catering for our patients, an inviting green park and a team of dedicated service staff who are always on hand to say a few nice words.

bethesda-spital.ch/reha-vorteile



Your stay at Bethesda Spital

Find out more about your stay with us now at:

bethesda-spital.ch/aufenthalt



Swiss REHA





THERAPY PROGRAMMES TAILORED FOR YOU

Our treatments combine different therapeutic approaches and options and are tailored to your exact needs. We review your treatment plan during weekly interdisciplinary meetings and adjust it as required. Our aim is to work with you to achieve the absolute best on your behalf.

Movement therapy

Our Therapy & Training Centre is staffed by experienced specialists in the fields of physiotherapy, occupational therapy and medical training therapy, all of whom are on hand to provide competent care based on an empathetic approach.

Exercise pool and balneotherapy

Hydrotherapy is especially suited to strengthening the muscles in a way that is gentle on the back and joints. In our exercise pool, you can perform specific exercises provided by our instructors during individual or group therapy sessions.

Massage therapies and other treatments

Lymphatic drainage, complex decongestive therapy (CDT) and therapeutic massages are also part of the services we offer. In addition to traditional treatments, we offer ultrasonic therapy, DC stimulation and electrical muscle stimulation, high-frequency therapy, heat therapy and cryotherapy.

Our therapy programmes

Find out more about our therapy programmes at:

**[bethesda-spital.ch/
reha-therapie](https://bethesda-spital.ch/reha-therapie)**



A HOLISTIC APPROACH

As rehabilitation often works best when measures are taken across various departments and areas of expertise, we work closely with teams in all relevant areas. Together, we pool our resources and provide you with treatment tailored to your exact requirements.

Cross-clinic and interdisciplinary collaboration

We will not leave you to face things alone: our experienced, highly trained team will accompany you throughout your treatment path, including inpatient care, outpatient care and aftercare.

All our patients benefit from the interdisciplinary approach we take at Bethesda Spital. In complex cases, for example, specialists from various

medical and paramedical disciplines will be consulted to guarantee the success of the therapy.

We also offer in-house opportunities for further consultations and clarification sessions, such as with our colleagues in the departments of orthopaedics and spinal surgery and those at the Rheumatology and Pain Medicine Clinic.

A holistic approach

Learn more about our holistic approach at:

**[bethesda-spital.ch/
reha-ansatz](https://bethesda-spital.ch/reha-ansatz)**




“I immediately felt at home at Bethesda Spital. The mood is very informal here, and all the staff were always friendly and caring – the nurses, the therapy specialists and the doctors. I’m very grateful for that.”


Gisela Annette Hubert, Basel




Our specialists will provide you with expert support in all areas of rehabilitation and will be happy to assist you.

Rehabilitation contact

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