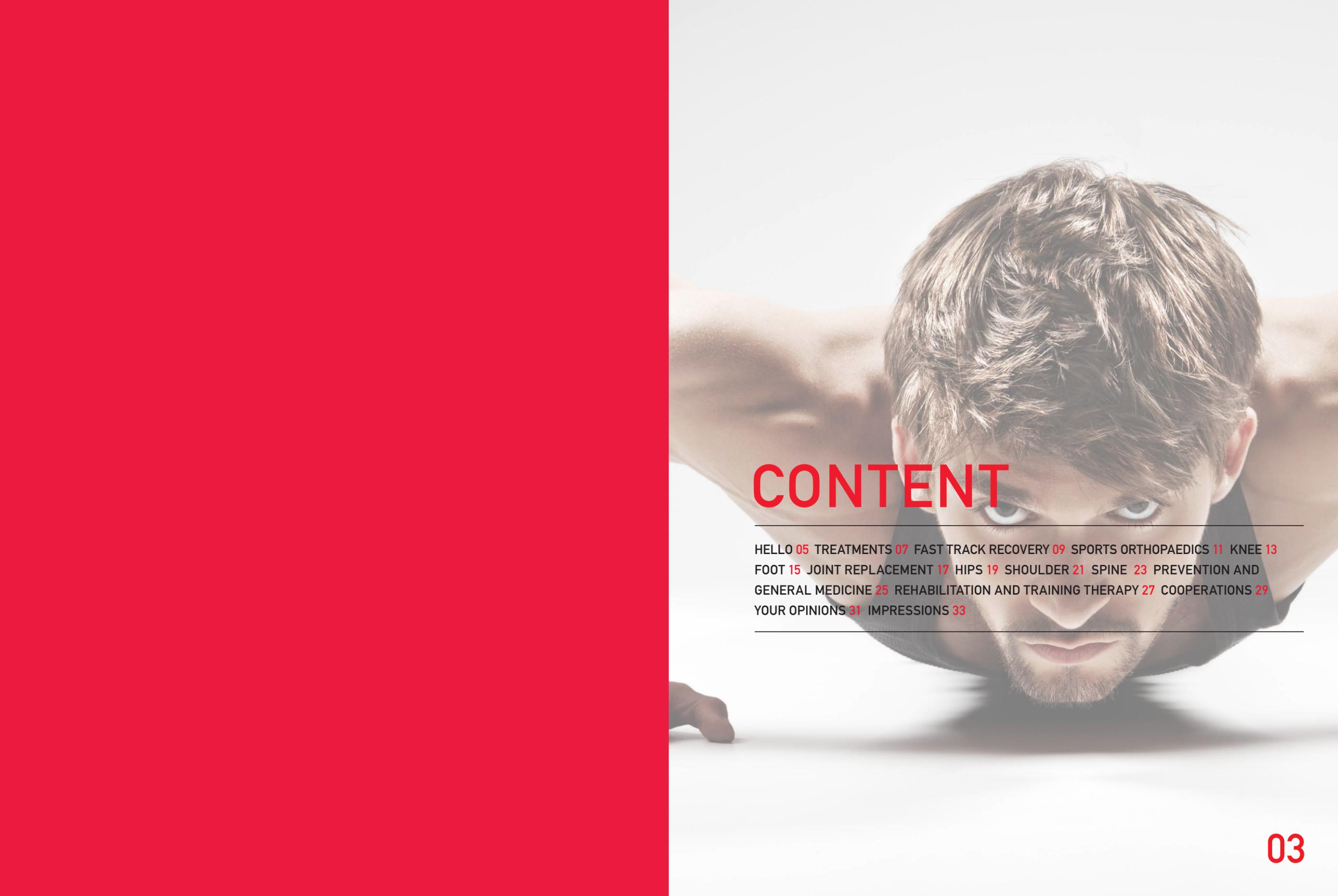


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ECOM



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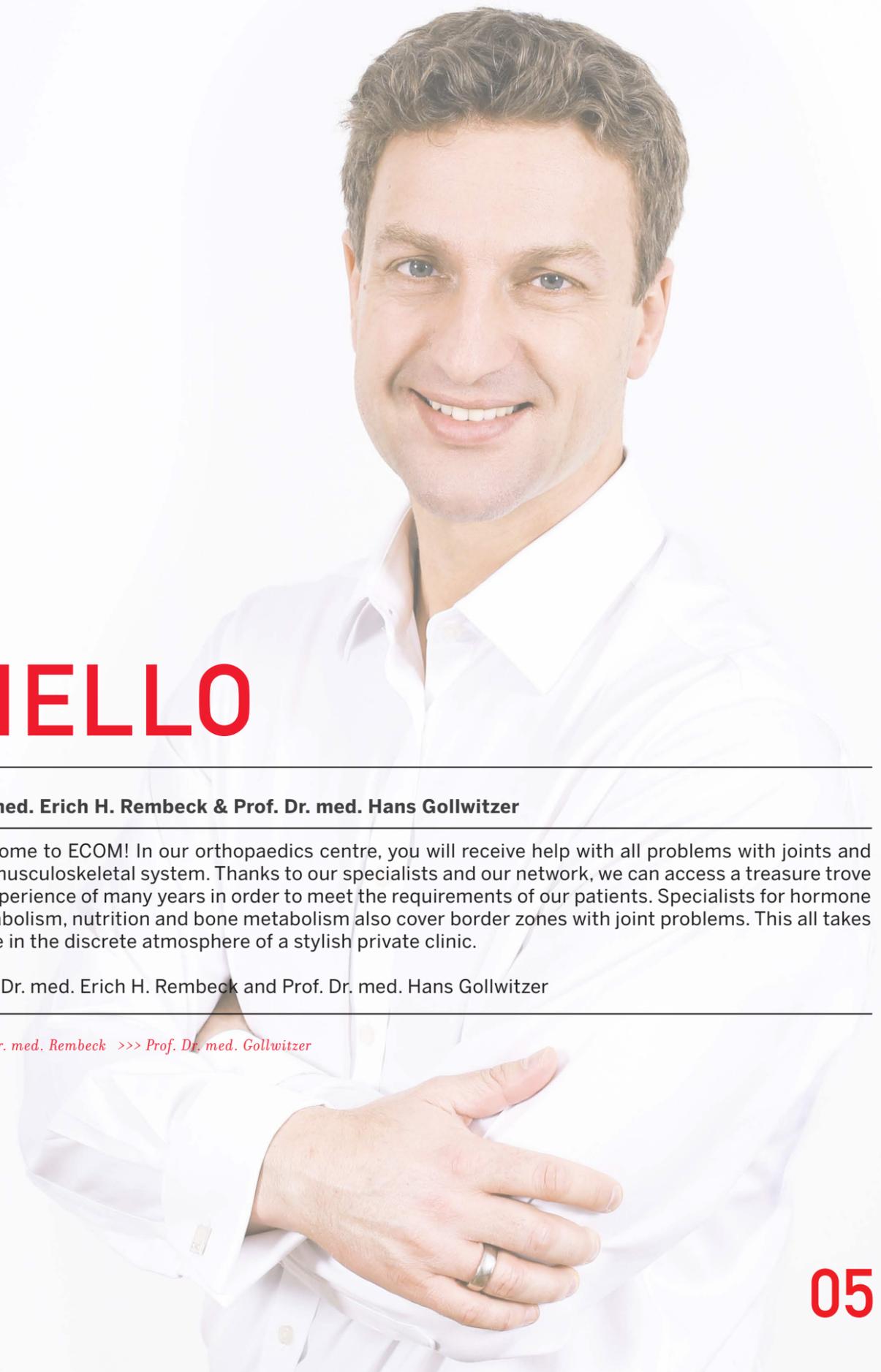
HELLO

Dr. med. Erich H. Rembeck & Prof. Dr. med. Hans Gollwitzer

Welcome to ECOM! In our orthopaedics centre, you will receive help with all problems with joints and the musculoskeletal system. Thanks to our specialists and our network, we can access a treasure trove of experience of many years in order to meet the requirements of our patients. Specialists for hormone metabolism, nutrition and bone metabolism also cover border zones with joint problems. This all takes place in the discrete atmosphere of a stylish private clinic.

Your Dr. med. Erich H. Rembeck and Prof. Dr. med. Hans Gollwitzer

<<< Dr. med. Rembeck >>> Prof. Dr. med. Gollwitzer





TREATMENTS

What makes us so successful

During our treatments, we follow a holistic approach. Our motto is to equally interlink both conservative and operative as well as rehabilitative methods of treatment. We excel through fast and comprehensive diagnostics facilitated by our many years of experience in sports medicine and top-ranking athletics, our modern equipment and, last but not least, our great network of colleagues.

>>> Dr. med. Rembeck, Prof. Dr. med. Gollwitzer



FAST TRACK RECOVERY

Recover faster

The combination of diagnostics, conservative and gently operative therapy, rehabilitation and training takes care of our patients effectively and comprehensively and assists them in a fast recovery. And all of that under one roof with no long waiting times for the patient. This is ensured by our specialists in their fields, the patient-friendly, conservative therapy methods and the reliable yet innovative surgery methods. Our attitude is: As little as possible, as much as necessary to speed things up.



SPORTS ORTHOPAEDICS

Conservative · operative · rehabilitative

The primary objective of sports orthopaedics is to put patients back into the position of being able to do sports. This goes for every therapy method, from minimal invasive surgery to endoprosthesis. Dr. Rembeck has more than 25 years of experience in sports medical treatment in professional football, tennis (Davis Cup) and in the national team of the German Swimming Federation. Irrespective of whether a professional, hobby or non-sportsman: Our patients benefit from special methods of surgery, perfectly attuned rehabilitation training and conservative therapies resulting from our many years of experience in sports medicine.

Your specialists are: Dr. med. Rembeck, Dr. med. Rauch, Dr. med. Mathonia

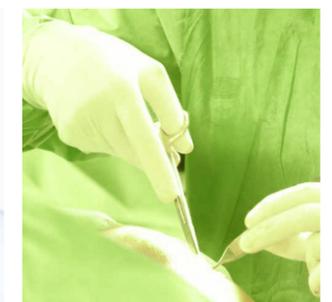
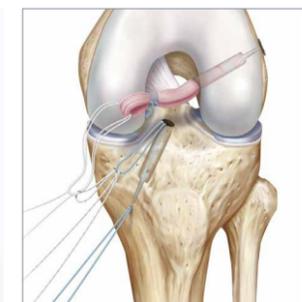


KNEE

The pivot in sports

The knee joint is exposed to significant strain in everyday life and especially when doing sports. Consequently, degenerative processes, especially to the cartilage, can be the result at an early stage. On the other hand, sporting accidents frequently cause acute, traumatic injuries to the inner structures of the knee such as the meniscus or cruciate or collateral ligaments. The latest conservative methods of treatment such as cartilage regeneration preparations, autohaemotherapy, biological regeneration and substitution methods as well as decided medical-led training therapy with balancing and rebuilding the musculature can help to avoid surgery in the scope of degenerative incidents and minor sporting accidents. Should, however, surgery be necessary, modern surgery methods (minimal invasive by arthroscopy) and closely monitored, detailed physiotherapeutic aftercare in line with the latest standards soon lead to an excellent recovery of function, activity and mobility. More than 30,000 knee operations performed are proof of our experience.

>>> *Your specialist is: Dr. med. Rembeck, Prof. Dr. med. Gollwitzer, Dr. med. Rauch*





FOOT

Your foot in good hands

Our feet carry us through life every day. Yet, we frequently do not attach the necessary importance to inherent defective positions of the feet. It is not uncommon for such a defective position of the feet with the associated shift in the static loading conditions to be the cause of persistent pain in the joints of the legs and, in particular, in the back.

A professional foot and walking analysis, MRT, ultrasound and measurement by the specialist uncover such disaccords fast and facilitate the making of customized high-tech insoles and shoe correcting inserts, which alleviate the pain very fast and effectively. Complementary physiotherapy can also contribute to great successes. Some clinical pictures and changes to feet, ankle joint and Achilles tendon require surgical treatment, which we certainly perform with the latest surgical techniques.

>>> *Your specialists are: Dr. med. Rembeck, Dr. med. Mathonia*





JOINT REPLACEMENT

Innovative and customised

By means of joint replacement surgery, nowadays, we are able to replace arthritic joints, treat pain and help our patients on their way to retrieving quality of life and activity and that very successfully. As a specialist, Prof. Dr. Gollwitzer has many years of experience across the entire spectrum of hip and knee joint replacements. Innovative methods of treatment also cover the implantation of hip prostheses by means of the minimal invasive and muscle-conservative AMIS method as well as the implantation of unique and customised full joint replacements of the knee joint.

>>> Your specialist is: Prof. Dr. med. Gollwitzer

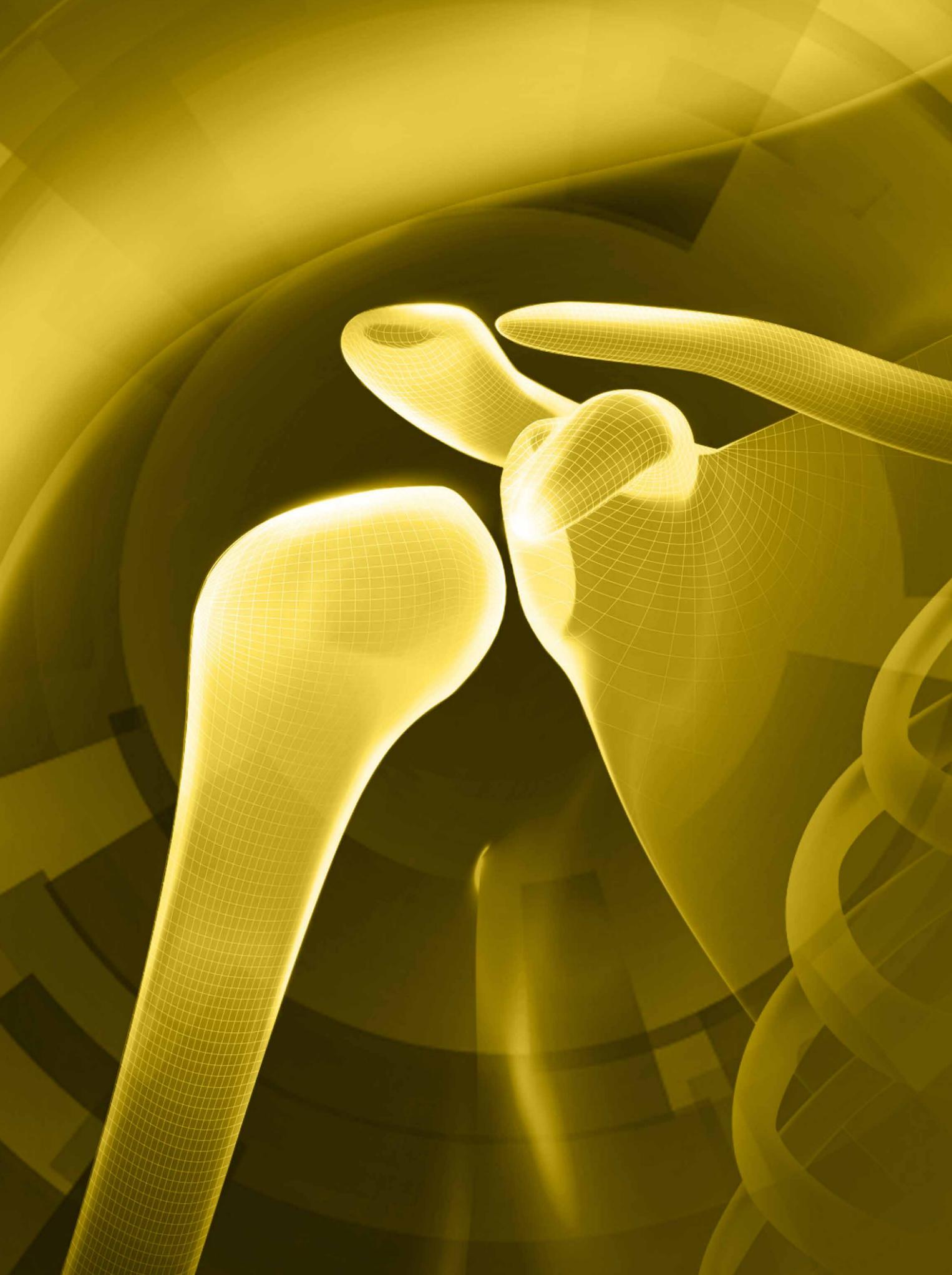


HIP

Get your hips swinging again

Pains in the hips and groin count among the most frequent pains sportsmen suffer from. Early systematic diagnostics and conservative therapy can prevent chronicity and eliminate permanent damage. With an affliction to the hip joint, the hip surgeon today provides a large number of options by means of modern and minimal invasive methods of treatment to therapy the pain conservatively and prevent wear and tear of the joints. As a hip specialist, Prof- Dr. Gollwitzer offers the entire spectrum of conservative as well as operative hip surgery to maintain the joint, including the correction of complex defective positions, hip arthroscopy and cartilage cell transplantation. Prof. Dr. Gollwitzer is one of only a few surgeons in Germany who performs hip arthroscopy regularly in in many numbers of cases.

>>> *Your specialist is: Prof. Dr med. Gollwitzer*

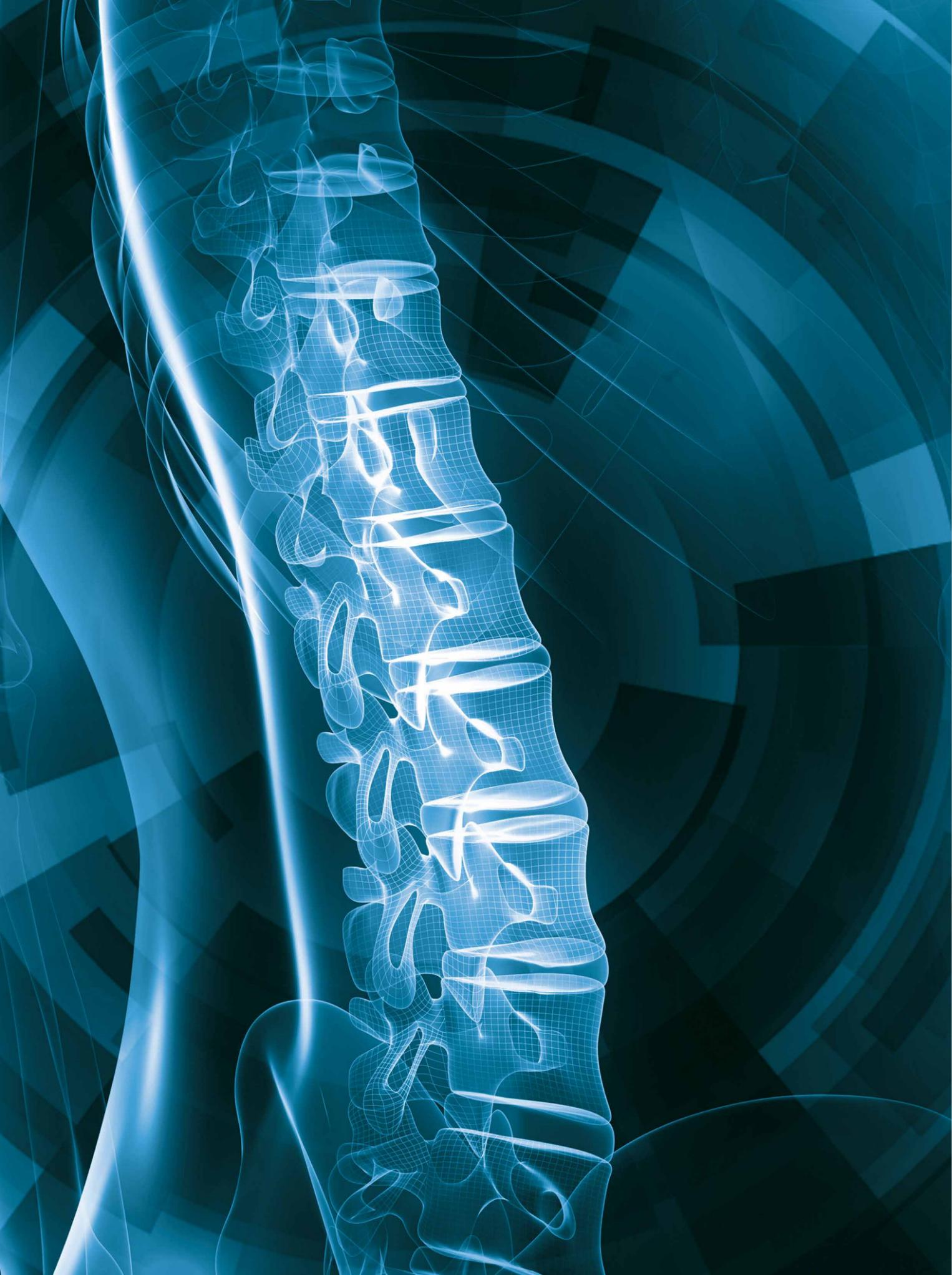


SHOULDER

We give nothing the cold shoulder

The great range of motion of the shoulder joint requires a complex supporting structures comprising ligaments and tendons. The range of motion is endangered particularly by degeneration and overstraining, but also as a result of accidents. By making an exact diagnosis and with conservative therapy induced in good time, we can frequently prevent surgery. However, should surgery become necessary, we certainly perform it minimal invasively. This conservative method of surgery reduces pain and rehabilitation periods to a minimum and leads to an optimal, functional outcome of treatment.

>>> Your specialist is: Dr. med. Mathonia



SPINE

The scaffolding of our body

The spine is the central stabiliser of our body and exposed to significant strain every day. In the most frequent cases, an imbalance of strain or external impacts cause painful blockages. We are constantly expanding our spectrum of methods of treatment and adapting it to the needs of our patients. In this case too, we are able to access a treasure trove of 20 years of experience. In addition to specific medicinal therapy, here in particular, immediately induced and specific physiotherapy can get rid of the acute problem, prevent chronicity and avoid future problems. We do not move on to the next step of minimal invasive action and only in some rare cases of surgery until this treatment has remained fruitless.

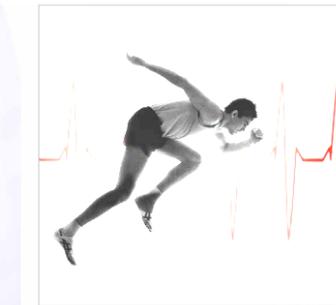
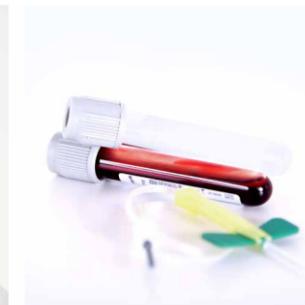
>>> Your specialists are: Dr. med. Rembeck, Dr. med. Rauch, Dr. med. Mathonia

PREVENTION AND GENERAL MEDICINE

We look at all aspects of the body

Health is affected by external and internal factors. Targeted general and specific diagnostics can uncover what has or what will lead to health problems. Many years of experience in recognising and interpreting correlations between hormones, orthomolecular deficits and genetics on the one hand, as well as individual backgrounds, lifestyle, eating behaviour and findings (including detailed laboratory analyses) on the other hand, help to develop targeted therapy concepts before, after or instead of surgery.

>>> Your specialists are: Dr. med. Mirja Holfeld



REHABILITATION AND TRAINING THERAPY

We take care of you – even after surgery

An extremely important pillar of our holistic treatment approach is not only the conservative and surgical treatment but also rehabilitation and training therapy. We work hand in hand with ECOS Reha and provide advanced and most conservative training methods, for example, special aftercare for cartilage damage, cartilage surgery and joint replacement surgery. Furthermore, our portfolio of services includes functional performance diagnostics as well as sport-specific re-sports programmes that facilitate a fast return to endurance and everyday sport.

With AlterG, ECOS, as the only rehabilitation centre in Munich, offers weightless movement, which facilitates a particularly early start into the rehabilitation period. The Functional Trainer by Keiser is a pulley system enabling countless different exercises and allows for the functional training of the musculature, coordination and stabilisation of the body.





COOPERATIONS

In whom we trust

Excellent results often require high-quality partnerships – a close network is the basis for that. The ISAR Klinikum and the ATOS Klinik as the main sites of surgery fulfil all requirements for our doctors to achieve constant excellent results. The Christa Kinshofer Skiklinik focussing its ever-intensifying specialisation on the likes of winter sports and skiing accidents, promises the highest of competence and the best results of treatment in this field.



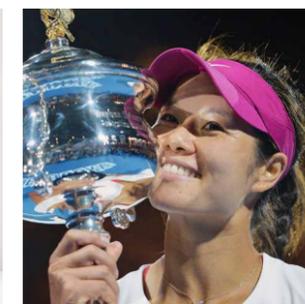


YOUR OPINIONS

Christa Kinshofer: "In my active days, I was always taken care of by the best doctors and therapist. In our project "Christa Kinshofer Skiklinik", I always make sure with our doctors that this is continued and excellent medical care is available to everyone."

Li Na: "In Australia one doctor told me, if you look for operation and rehabilitation the best place in the world is Germany. With my doctors in Munich I had the best experience for more than 7 years."

Boris Becker: "Dr Erich Rembeck is my professional in sports orthopaedics."





IMPRESSIONS

Our modern, light-flooded treatment rooms in the middle of Munich city invite you to feel comfortable and thus form the basis for your recovery. Visit us.



ALL THE BEST

