

MARIANOWICZ MEDIZIN

Privatklinik Jägerwinkel am Tegernsee



OUR TREATMENT PLAN

Post-SARS-CoV-2-/ COVID-19 Syndrome

Marianowicz Medizin – Jägerwinkel Private Hospital at Lake Tegernsee

// *A treatment and therapy range that uses all available tools - from high-tech measures to natural remedies - to improve people's health. Combined with a unique atmosphere that touches body, mind and soul – this is the philosophy which guides all members of the Jägerwinkel family in their actions and treatments."*



*Dr. med. Martin Marianowicz
Medical Director, Specialist
in Orthopaedics,
Pain Management and Sports
Medicine, Fellow of Interventional
Pain Practice (FIPP)*

Marianowicz Medizin means: all doctors and therapists adopting a holistic approach and considering all possible cures in order to find the right therapy for you.

Thanks to the multimodal and interdisciplinary cooperation between medical disciplines, we are in a position to make precise diagnoses and find a therapy that optimally supports the recovery process.

Our Areas of Expertise

- Orthopaedics / Pain management
- Psychosomatics
- Neurological diagnostic tests
- Internal medicine and cardiac diagnostic tests
- Traditional Chinese Medicine (TCM)
- Nutrition counselling
- Physiotherapy
- Care
- Patient management

Dear Patients, Colleagues and Health Insurers,

The pandemic has changed our lives. Those suffering with the SARS-CoV-2 infection are not the only ones affected by restrictions, the situation is very stressful for everyone.

We are here for you at this time: as a hospital with an interdisciplinary therapeutic approach and interdisciplinary measures from orthopaedics and internal medicine to psychosomatics, we have developed a multimodal therapeutic approach. With this in mind, we want to help those who are suffering from post-SARS-CoV-2- / COVID-19 syndrome due to the effects of the pandemic.

A comprehensive and individual therapeutic treatment is recommended based on a detailed interdisciplinary diagnosis. In addition to the treatment of organic diseases, at Jägerwinkel, we are able to holistically treat the psychosomatic effects of the pandemic.

We help people cope with the crisis and support them on their journey back to their normal lives. We look forward to hearing from you.

Kind regards from Lake Tegernsee

*Dr. med. univ. Andreas Hofschneider
Dr. med. Christian Etzer
Dr. med. Martina Bucar
Dr. med. Claudia Stichtmann
Dr. med. univ. Philipp Vorauer*



Our concept – treating post-SARS-CoV-2- / COVID-19 syndrome (PSCS) on an individual basis

The symptoms most commonly recorded after the acute phase of COVID-19 disease include fatigue and reduced activity. But psychological and psychosomatic effects - both for people infected with COVID-19 and others affected by the pandemic - are becoming more and more frequent.

That's why, during the diagnosis, we take your individual symptoms into account and make a primary diagnosis which then determines your treatment here.

This is divided into **internal medicine and psychosomatic treatment**.

Besides treatment that is individually tailored to the primary diagnosis, we always work together on an interdisciplinary basis. This allows you to benefit from our wide range of treatments and ensures that we provide the best treatment available.



Internal Medicine – Recovering Your Usual Level of Activity

We use internal medicine to treat the main physical symptoms, such as extreme tiredness and a reduced level of activity.

Common symptoms

- Shortness of breath after little activity
- General fatigue
- Exhaustion

These symptoms often occur one to two days after physical exertion.

Our therapeutic approach

Besides an increase in everyday activity and better breathing, it is important to us that you regain your self-confidence in everyday life.

We use the following treatment methods:

- Respiratory therapy and physiotherapy
- Endurance training
- Multimodal pain management
- Traditional Chinese Medicine (TCM)
- Other types of therapy (exercise and sports programme, creative therapies and relaxation techniques)



Psychosomatic treatment – learning to cope with the situation

Our psychosomatic department treats the psychological effects of the pandemic. There is a particular focus on therapy for addictions.

Common psychological effects

- Anxiety and anxiety disorders
- Depression
- Obsessive-compulsive symptoms and disorders
- Grief- and trauma-related disorders
- Addiction and dependence disorders

Our therapeutic approach

Treatment for a previous COVID-19 infection also includes treatment of underlying and secondary internal diseases.

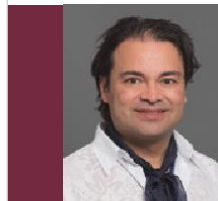
Our therapy includes:

- Psychotherapy / psychosomatic treatment (stress reduction, mindfulness, cognitive therapies)
- Pain management (if required)
- Traditional Chinese Medicine (TCM)
- Other types of therapy (exercise and sports programme, creative therapies and relaxation techniques)

Working Together, Hand in Hand – Your Treatment Team



Dr. med. univ. Andreas Hofschneider
Cardiology Specialist and
Internal Medicine Specialist



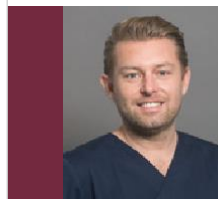
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Specialist in Psychosomatic Medicine and
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Specialist in General Practice



Dr. med. Martina Bucar
Specialist in General Practice
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Dr. med. Claudia Stichtmann
Neurology Specialist



Dr. med. univ. Philipp Vorauer
Specialist in Orthopaedics and Trauma
Surgery, Interventional Pain Management,
Manual Medicine / Chiropractic

Always There For You – Advice and Registration

Jägerwinkel Private Hospital is licensed as a private hospital and eligible for financial aid according to § 30 of the Trade Regulation Act. We are recognised by the German Association of Private Health Insurance and registered as a mixed hospital (§ 4 Art. 5 MB / KK / standard policy conditions).

The costs of inpatient treatment at our hospital are covered by private health insurance companies and subsidies, depending on the insurance premium and subsidy regulation.

We provide you with comprehensive support for all formalities relating to your stay.

Are you looking for more information about our range of therapeutic treatments, the hospital's facilities or the day-to-day routine?

We are happy to provide you with more information at any time. Just give us a call!

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