

MARIANOWICZ MEDIZIN

 Privatlinik Jägerwinkel am Tegernsee

MARIANOWICZ MEDIZIN

The philosophy of healing



A range of treatments and therapies that takes every possible approach – from high technology to natural healing, improving and strengthening the health of our patients. This we combine with a unique atmosphere which affects the body, mind and soul. And it's the philosophy which every member of the Jägerwinkel family lives by and treats by."



Dr. med. Martin Marianowicz

*Founder of Jägerwinkel Private Clinic, Tegernsee,
and Medical Advisory Board member
Specialist in orthopaedics, chirotherapy,
sports medicine and pain therapy
Fellow of Interventional Pain Practice FIPP*

Jägerwinkel Private Clinic is licensed as a private clinic in accordance with Section 30 of the German Trade Regulation Act and is eligible for financial assistance. The Clinic is recognised by Germany's Association of Private Health Insurers and is run as a mixed hospital (Section 4 Para. 5 MB / KK / general insurance conditions). The costs for inpatient treatment are covered by every private health insurance company and subsidy, to the extent determined by the insurance tariff and subsidy regulations. Patients can be admitted for acute hospital treatment as well as inpatient follow-up treatment and rehabilitation (sanatorium treatment).

Welcome to Jägerwinkel!

Thank you for taking the time to get to know us better.

From prevention to conservative treatments and high-tech diagnostics (check-ups), all the way to rehabilitation, Jägerwinkel Private Clinic delivers a treatment approach that combines the latest medical knowledge with a holistic approach. Specialising in orthopaedics, internal medicine, cardiology, pain therapy, traditional Chinese medicine, neurological diagnostics and psychosomatics, we can offer expert help and healing for the fundamental health concerns of our time. Our carefully selected teams of doctors, therapists and expert staff in every field work towards a quick and lasting recovery. The cheerful, human interactions between my colleagues day after day inspire me.

We're not quick to use superlatives. But I will allow myself to say that what we've built up here over the past 25 years is unique.

Successful healing and satisfied patients are our greatest reward and motivation in striving for the utmost quality and continuous development at Jägerwinkel.

One of the foremost aspects of our treatment is the special atmosphere at our establishment. Jägerwinkel is an internationally renowned place of encounter, hospitality and warmth, where tradition and modernity combine.

On that note,
very best wishes from Tegernsee in the South of Germany, and we hope to see you soon!



Dr. med. univ. Andreas Hofschneider

*Medical Director of Jägerwinkel Private Clinic
Chief physician in cardiology and internal medicine
Specialist in cardiology and internal medicine*

State-of-the-art medicine in a stylish environment full of warmth.

Marianowicz Medizin means all of our doctors and therapists take a holistic approach and consider every possible healing method to find the right therapy for you. Our multimodal, interdisciplinary collaboration between various specialties enables us to make accurate diagnoses and find the therapy that best supports your healing process.



Orthopaedics / pain therapy

Bad back or sports injury: using its multimodal approach, and with a deliberate focus on conservative measures, Jägerwinkel, as a specialised orthopaedic establishment, regularly achieves fast and lasting results. Pain therapy at Jägerwinkel looks at the biological, psychological and social components of pain. Deploying the very latest procedures, our diagnostic neuropathy department can deliver an extensive range of options for precision diagnosis and highly effective therapy.

Psychosomatics / psychotherapy

From burnout and stress disorders, to depression and physical pain with no apparent cause: always taking a customised approach to therapy, Jägerwinkel can address almost the entire range of mental and psychosomatic illnesses.

Internal medicine / cardiology

Rheumatism, diabetes, cardiovascular system and thyroid diseases, cancer: its internal medicine / cardiology department has made the Private Clinic a nationally and internationally renowned address in the discipline for follow-up treatment, rehabilitation and cardiological diagnostics.

Traditional Chinese medicine (TCM)

Selected TCM elements augment the therapy received at our Clinic and open up further possibilities in the healing process. With its own doctors – trained over decades – Jägerwinkel Private Clinic is a well-known address for traditional Chinese medicine.

Nutritional consulting

A carefully selected diet can promote the actual healing process as well as your general level of health and energy. Nutritional advice is an essential element in individually tailored therapy.

Physiotherapy

Rebalances the body, improves performance – and an important component of numerous therapies: physiotherapy at Jägerwinkel Private Clinic.

Care and nursing

Our clinic has its own nursing department, which means that patients with mobility and movement restrictions can enjoy top-level professional care and support with a human touch.

Patient management

We offer our patients personalised care, covering every aspect of their stay. Our experienced patient management team will gladly answer in advance any questions you may have about your medical treatment, the costs, and the duration of your stay.

Equipment and facilities

As one of the leading private clinics in southern Germany, Jägerwinkel boasts an exceptional range of medical equipment. It also has a top-notch range of physiotherapy and exercise equipment on site.

Orthopaedics / pain therapy – gently achieving the goal.



Dr. med. Florian Heimlich

Chief physician in orthopaedics and pain therapy
Specialist in orthopaedics, trauma surgery,
interventional pain therapy
Manual medicine / chirotherapy

Jägerwinkel is a renowned orthopaedics rehabilitation clinic and offers follow-up rehabilitation after surgery and for the treatment of acute and chronic sports injuries.

With its multimodal pain therapy – developed by orthopaedic specialist Dr Martin Marianowicz – and an emphatically holistic approach, Jägerwinkel is one of the world's leading clinics and centres of excellence in the field of conservative therapy.



Our philosophy is to treat rather than operate. That's why, in orthopaedics, we use conservative methods so as to avoid high-risk operations. The benefits: damage stops progressing and, following an injury, you can return more quickly and easily to a pain-free life.



High-precision diagnostics, the latest forms of treatment and therapy, and the fact that we always take the right amount of time for you – these and other qualities make us a nationally favoured healthcare address when it comes to neurological themes and issues."

Headaches, outpatient aftercare following a stroke, preventive brain scans for early detection: our diagnostic neurology gives you just the right medical care delivered at the high standard for which our private clinic is renowned. Offering the very latest procedures, we can deliver an extensive range of options for precision diagnosis and highly effective therapy. We also specialise in the preventative investigation of potential risk factors, and the detection of the early signs of diseases such as stroke, dementia and Parkinson's disease.



Dr. med. Claudia Stichtmann

Specialist in neurology



Orthopaedics / pain therapy

- Conservative orthopaedics
- Orthopaedic diagnostics
- Bioregenerative medicine, stem cell and autologous blood therapies
- Sports medicine
- Orthopaedics of the joints and musculoskeletal system
- Multimodal pain therapy
- Rehabilitation (outpatient and inpatient)
- Follow-up treatment
- Neurological diagnostics

Common diseases

- Back pain
- Osteoarthritis, joint pain
- Nerve root blockages
- Spinal canal stenosis
- Sciatica
- Spondylolisthesis
- SIJ syndrome
- Acute and chronic sports injuries
- Treatment of chronic pain / pain disorders
- Orthopaedic diseases in children / adolescents
- Degenerative tendon diseases
- Rheumatism and osteoporosis
- Prevention / check-ups

Treatments / therapies

- Gait, movement and posture analysis
- Osteoarthritis therapy using hyaluronic acid, Orthokin therapy
- Extracorporeal shock wave therapy
- Biomechanical osteoporosis therapy with vital impulses
- Interventional pain therapy
- Multimodal pain therapy
- Autohaemotherapy
- Micro laser technology
- Infiltration therapy
- Epidural flooding
- Periradicular therapy
- Radiofrequency therapy and thermal probe treatment
- Anti-interleukin-1 therapy
- Epidural pain catheter
- HydroCision
- Facet infiltration
- Endoscopic interventions, including intervertebral disc laser
- Cutting edge procedures for prevention, diagnosis and therapy
- Measuring nerve and muscle activity

Internal medicine / cardiology – taking every possible approach to healing and health.

Heart and circulatory problems, breathing difficulties, rheumatism, diabetes, excessive susceptibility to infections, cancer – Jägerwinkel Private Clinic's internal medicine and cardiology services address a wide range of common disorders and diseases of the body. As well as inpatient aftercare, such as following an operation or a stroke, our internal medicine and cardiology department also treats chronic illnesses and provides support for inoperable tumours.

We take a holistic approach to therapy. Depending on your particular condition and what we find, it can range from oxygen infusion therapies, alkaline infusions and vitamin cures to accompanying psychological counselling – to name but a few examples. Another healing factor in its own right is our natural surroundings which offer absolute tranquillity, surrounded by forested mountain slopes and the waters of Tegernsee.

Superbly equipped, our internal medicine / cardiology department is another excellent example of the standards at Jägerwinkel Private Clinic. The equipment and solutions we have from leading medical technology manufacturers enable us to deliver precision diagnosis and anamnesis, which facilitates the very latest, highly effective therapeutic methods.



Dr. med. univ. Andreas Hofschneider

Medical Director of Jägerwinkel Private Clinic
Chief physician in cardiology and internal medicine
Specialist in cardiology and internal medicine



“ We offer comprehensive, in-depth preventative care. No fewer than 90% of all cancer-related deaths could be avoided through timely prevention, as could many strokes and heart attacks. In treatment and therapy, as well as aftercare, the very latest procedures and approaches are combined with carefully selected activities in the other disciplines offered by our establishment.”

Internal medicine / cardiology

- Follow-up treatment
- Inpatient aftercare and rehabilitation following surgical procedures, internal and cardiological diseases
- Cancer, heart attack, stroke
- Treatment of chronic diseases
- Cardiological diagnostics

Common diseases

- High blood pressure
- Diabetes
- Coronary heart disease (aftercare following a heart attack)
- Aftercare following a stroke
- Cardiomyopathy
- Lung and liver diseases
- Thyroid diseases
- Tumour diseases (accompanying oncological therapy for operable and inoperable tumours)
- Immune system weakness
- Rheumatism
- Allergies

Treatments / therapies

- Comprehensive cardiological and preventive medical diagnostics with cancer screening and aftercare
- Diabetes therapy and adjustment
- Stroke prevention
- Check-ups
- Comprehensive laboratory analysis
- Ultrasound diagnostics
- Extensive functional tests and blood count analyses
- Internal pain therapy
- Sports medicine examinations
- Therapeutic nutritional advice
- Testing for food allergies and intolerances
- Oxygen infusion therapy, alkaline infusions, vitamin cures
- Detoxification
- Resilience strengthening and regeneration
- Customised physiotherapy
- IHHT (Intermittent hypoxia-hyperoxia training)

Psychosomatics and psychotherapy – forget your spirit and your body will remind you.

When joy, creativity, time for relaxation and encounters with other people are lost, then stress symptoms, psychosomatic reactions and illness are but a short step away. The body and mind become unbalanced.

Depression, severe exhaustion, burnout, trauma, pain with no recognisable physical cause: using our carefully coordinated integrative treatment and care concept, we achieve lasting results in treating psychosomatic disorders and impairments.



Dr. med. Katharina Grobholz

Chief physician in psychosomatic medicine and psychotherapy
Specialist in psychiatry and psychotherapy
Specialist in neurology

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Body, mind and soul form a whole and must be seen as such. This is an approach you'll always find us taking. In the pleasant, recuperative, resort-like atmosphere of our private clinic, our patients receive comprehensive therapeutic support and help to find their way back to a healthy, happy life."

Psychosomatics / psychotherapy

- Guideline-compliant diagnosis and treatment of psychosomatic illnesses
- Stabilisation and relapse prevention
- Stress management and burnout prevention
- Multimodal pain therapy
- Life coaching

Common diseases

- Depressive disorders
- Persistent grief issues
- Disorders following trauma
- Burnout and exhaustion
- Anxiety disorders
- Chronic pain syndromes
- Neuropsychiatric long-/post-Covid symptoms
- (such as fatigue, sleep disorders, pain, emotional fragility)

Treatments / therapy concepts:

- Individually tailored, high-frequency individual and group psychotherapy
- Behavioural and systemically based treatment
- Conflict and resource analysis
- Trauma therapy
- Family work
- Movement therapy
- Holistic physiotherapy
- Relaxation and mindfulness techniques
- Art therapy
- Alternative healing methods (acupuncture, traditional Chinese medicine)
- Medicinal treatments
- Infusion therapy

Traditional Chinese medicine – healing method of an advanced civilisation.

Traditional Chinese medicine (TCM) is a healing science that originated in China's high civilisation thousands of years ago. It takes a different view of the human being from conventional Western medicine.

At our clinic, selected TCM elements complement the therapy you receive and open up additional possibilities in the healing process. With its own doctors – trained over decades – Jägerwinkel Private Clinic is a well-known address for traditional Chinese medicine.



Dr. med. Martina Bucar

Specialist in general medicine with a focus on traditional Chinese medicine (TCM), acupuncture and Chinese phytotherapy

“ Highly effective Asian medical traditions often represent an excellent addition to Western methods – and can even open up completely new possibilities. **”**

Traditional Chinese medicine

- Extensive anamnesis
- Diagnosis through the tongue, pulse and abdomen
- Acupuncture
- Applications using Chinese medicinal herbs



Nutritional advice and diet – health combined with pleasure.

A carefully selected diet can promote your particular healing process as well as your general health and energy levels. Nutritional advice is an essential component of individually tailored therapy.

nutritionists draw up the nutritional or dietary plan that best supports their health aims – and which tastes good too.

Nutritional advice

Perhaps you've had an operation, or you may be changing your diet on account of illness, trying to lose weight lastingly at our clinic (including cases of obesity) – or you may simply want more energy. Working with our patients, our experienced

- Thorough check-up and anamnesis
- Drawing up a nutrition and diet concept
- Nutritional advice on food allergies and intolerances
- Weight loss

Physiotherapy – rated top fit.

Physiotherapy is an important pillar of the therapeutic approaches on offer at Jägerwinkel. Combined with internal medicine, orthopaedics and psychosomatics, it effectively supports our treatment concept, brings the whole body back into balance and increases your performance long-term.

We draw up our training programmes in collaboration with interdisciplinary medical specialists. This allows us either to avoid an operation in the first place, or help you to return to everyday life after one.



Back pain, sports injuries, operation, heart attack, Parkinson's disease, stroke: following a precision performance diagnosis, each patient receives a tailored therapy and training schedule which we optimise in close cooperation between the therapists in our team and our orthopaedic specialists, internal medicine specialists and neurologists. But we don't just support you in getting back to everyday life after an operation. Using carefully selected physical methods, we prevent many patients from needing an operation in the first place. Our philosophy is always to promote the body's own capabilities in order to strengthen joints and muscles, but also the heart and circulation – long term."

Holistic strengthening therapy – this describes health-promoting training precisely tailored to your condition and your particular needs. Maximum results in a minimum of time: that goes for each individual exercise as well as your entire training plan, which we draw up based on your medical condition.



Physiotherapy

- Physiotherapy, including with equipment (TechnoGym and Schnell MTT equipment)
- Osteopathy
- Manual therapy (craniosacral therapy / PNF)
- General physiotherapy
- Sports physiotherapy
- Cardio training (rowing machine / treadmill / cross trainer / stair climbing machine)
- SRT zeptoring therapy (stochastic resonance therapy)
- Fascia therapy
- Lymph drainage
- Classical medicinal massage
- Natural marsh (heat packs)
- Ultrasound
- Electrotherapy
- Medicinal compresses (clay)
- Foot reflexology therapy
- Medical training therapy (MTT)
- Biomechanical osteoporosis therapy with vital impulses
- Magnetic field therapy for incontinence and prostate complaints
- Physical applications
- Gyrotonic
- Pilates compliant with therapeutic guidelines
- Personal training, including home training plans and photo-documentation
- Gentle strengthening therapy for back problems
- Coronary training
- Cardiovascular training
- Physiotherapy on a neurophysiological basis
- Respiratory exercise
- Water therapy for hip, knee and spinal problems
- Biofeedback therapy (sEMG measurements)
- Jacobson progressive muscle relaxation
- Autogenic training
- Reiki, shiatsu
- Nordic walking
- Walking garden
- Aqua aerobics

Nursing and care – always in the best of hands.

Basic geriatric care or targeted support following illness, injury or extensive surgery: we offer customised nursing and care services for patients with limited mobility and movement.

Using an individually tailored care concept, we help you achieve maximum mobility, help therapy go smoothly, and strengthen your independence. Patients also receive expert guidance on how to better avoid risks, such as the risk of falling or lifting wrongly.



Our nursing and care department is there for you around the clock, providing the best possible support with its team of trained nursing staff who will always take all the time you need, whatever you need it for."



Zdenko Bosnjakovic

Medical Management
Head of Nursing and Care



Care and nursing

- Basic geriatric care
- Intensive nursing care for geriatric patients
- Targeted support following illness, injury or extensive surgery
- Tailored care services for patients with limited mobility and movement
- Tailored care concept
- Wound management
- Medical applications
- Optimum all-round care
- Professional care discharge management (e.g. social plan for home)
- Counselling relatives

Treatment without frontiers

Specialists at Marianowicz Medizin have been treating patients from all over the world for years. Our **INTERNATIONAL PATIENT SERVICE** takes care of your particular needs, so you'll always feel at home with us. Our multilingual team coordinates every step, from smooth appointment scheduling, to treatment – without long waiting lists.

Helping without boundaries

We're there for our patients, providing personalised responses to whatever they need in relation to their stay. Our experienced specialist physicians are available to answer whatever enquiries you may have in advance about your medical treatment and the length of your stay.

We take care of the special needs of our patients from abroad and can gladly coordinate all the preparations you need before coming to us for treatment. This includes informing you promptly about the details of the planned therapy and the costs involved. We're also available to answer any questions and concerns you may have regarding your stay in Germany. Whether you need support in planning your travels, assistance with visa and entry formalities, are looking for comfortable accommodation for a companion, would like to make use of an interpreter, or have something very particular you require – our multilingual team is committed to helping you.

Strong in every discipline

Inpatient or outpatient, modern and traditional – we're all about meeting your needs.

We take time for your health and offer you interdisciplinary expert knowledge and a wide range of state-of-the-art services. Place your trust in a well-coordinated team of the best medical specialists, complementary practitioners, psychologists and therapists who don't just work together – they build synergy. As an experienced patient management team, we combine the very best therapy planning with intensive support for your diagnosis and treatment during your stay, as well as following up on any questions you may have after you leave. Together we pursue the goal of achieving lasting healing for our patients.

The essential basis for our diagnosis and therapy is always a detailed personal consultation. For that we take time. For you. For your health.



Serving our international patients

- Hitch-free appointment scheduling
- Treatment without waiting lists
- Advance information about planned therapies and the cost involved
- Help with travel planning and visa formalities
- Help finding suitable accommodation
- Video consultations available
- Interpreters provided
- Languages: German, English



We promise that our patients will feel comfortable with us. This includes fulfilling their every wish – with a smile."



Nancy Zwintscher

Head of International Patient Service
Senior Key Account Manager

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International services

Germany has one of the best health-care systems in the world. International services can be organized for the following inquiries:

- Patients with international health insurance living in Germany or abroad
- Patients living abroad who are seeking treatment at their own expense
- Patients living abroad whose treatment costs will be covered by a company, organization or embassy

Our partners

Renowned hospitals, medical technology service providers and mobility providers like Sixt and Lufthansa: our understanding of quality extends to our carefully selected partners.

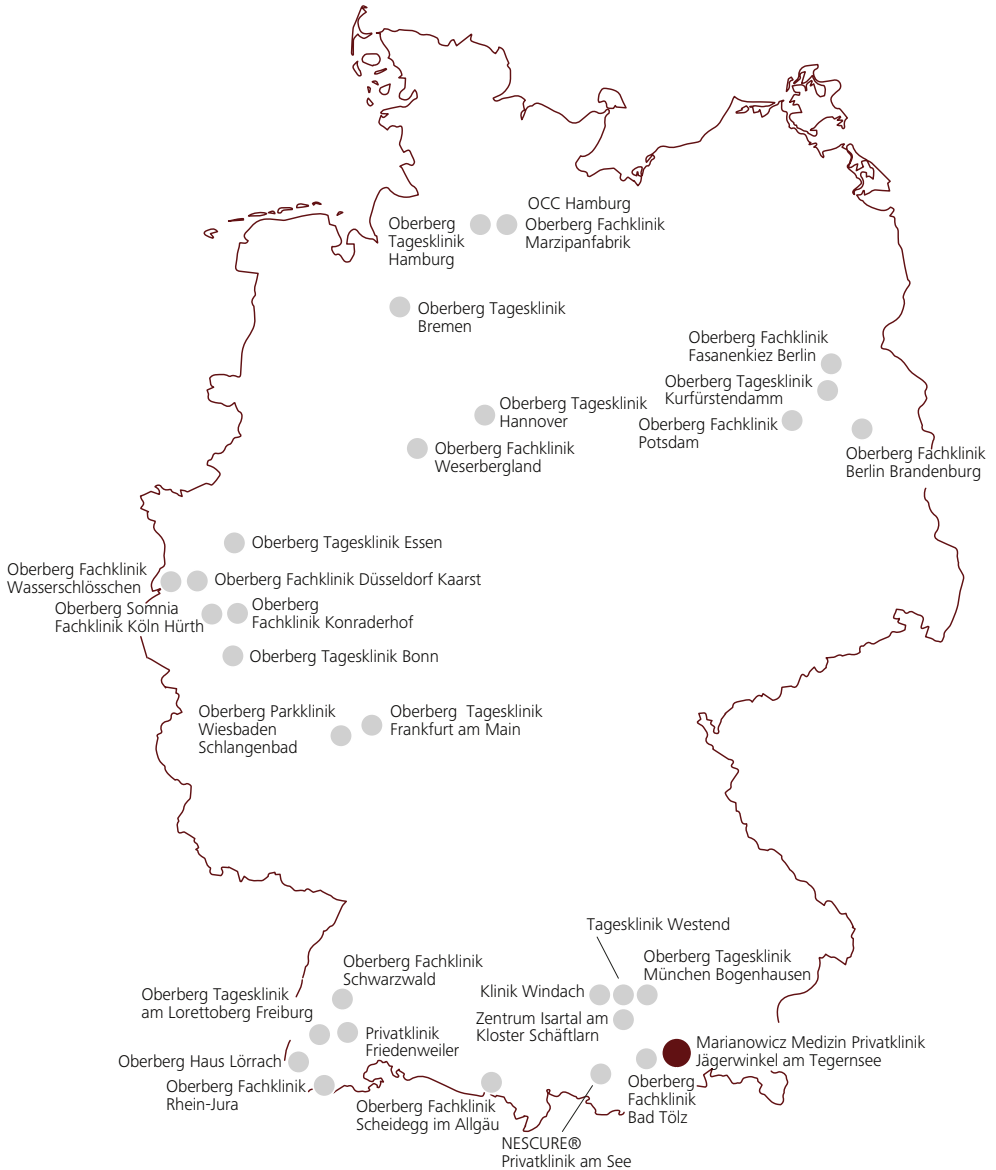
SIXT

Lufthansa
Mobility Partner



DVSG
Gemeinsam für die Soziale Arbeit
im Gesundheitswesen

The specialist clinics of the Oberberg Group



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A specialist clinic

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