

# My rehabilitation

An information brochure to help  
you settle into your stay with us







We specialise  
in the medical  
rehabilitation  
of people who  
have suffered  
serious injuries.

We set the  
standard.





# Dear patient,

Welcome to the Bellikon Rehabilitation Clinic.

As a specialist clinic, we have decades of experience in post-accident rehabilitation. We apply that same expertise to rehabilitation after certain illnesses. We ensure that you receive the best possible treatment to help you to cope again with your everyday life and work.

As a patient you are our guest – we do all we can to make sure that you feel at home here.

In this brochure, we tell you about what you can expect during your rehabilitation stay with us here in Bellikon. We hope it will help you to settle into life at the clinic quickly.

We wish you a successful and pleasant stay with us.

The Bellikon Rehabilitation Clinic



“Finding my way  
back to my everyday  
life, step by step:  
at the Bellikon  
Rehabilitation Clinic  
I learned how  
to do it.”

**Roger Bolliger,**  
former patient



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# First few days at the Bellikon Rehabilitation Clinic

## What does rehabilitation mean?

If you are not yet restored to full health after an accident or illness, or not yet able to resume your normal life, we are here to help. At the Bellikon Rehabilitation Clinic, we help you back into your everyday life or back to work, step by step. Rehabilitation means re-enabling.

### What is your rehabilitation goal?

Following your stay in an acute hospital or your out-patient medical treatment, a new phase in the healing process begins at the Rehabilitation Clinic. After the initial discussions, you will work with your rehabilitation team to identify your personal rehabilitation goal: what it is that you want to achieve. Your active cooperation in the therapy, to the best of your ability, will be an important element in the success of your rehabilitation.

Your team, consisting of doctors, specialist therapists and nurses, will do all they can to help you achieve your best possible rehabilitation goal, one step at a time. An accident or illness can also leave psychological scars. At the Bellikon Rehabilitation Clinic, we take account of that, too. A team of psychologists and psychiatrists supports patients during the healing process.

### How long will rehabilitation take?

Most patients spend several weeks in rehabilitation. The length of stay varies, depending on the nature of the injury.

### Rehabilitation at all stages

Following their initial treatment in an acute hospital, we receive patients who are not yet in a stable condition. Our Intensive Care department is specially equipped to look after them.

If you are not transferred by ambulance directly from the acute hospital to the Bellikon Rehabilitation Clinic, please report to the Customer Services desk at the specified time on your date of admission. On that day, you will be welcomed, can move into your room and will also be examined by the doctor who will be looking after you.

If you are not transferred by ambulance directly from the acute hospital to the Bellikon Rehabilitation Clinic, please report to the Customer Services desk at the specified time on your date of admission. On that day, you will be welcomed, can move into your room and will also be examined by the doctor who will be looking after you. You will be

given your personalised therapy plan that evening. Further detailed discussions and individual examinations will take place over the next few days.

The results of these investigations and your own goals will form the basis for all subsequent therapy planning.





## Getting here

### Address

Rehaklinik Bellikon  
Mutschellenstrasse 2  
CH-5454 Bellikon AG  
Tel. +41 (0)56 485 51 11  
Fax +41 (0)56 485 54 44  
info@rehabellikon.ch  
www.rehabellikon.ch

### Arriving by public transport

Bellikon can be reached within 30 to 60 minutes on public transport from the Baden area, Aarau-Olten, the Frick valley, the lower Aare valley and the Zurich-Winterthur and Zug regions.

From Baden: bus to Bellikon  
From Dietikon or Wohlen / Bremgarten: S 17 to Berikon-Widen, bus to Bellikon  
From Zurich Wiedikon / Birmensdorf: bus to Berikon-Widen, bus to Bellikon  
From Mellingen Heitersberg: bus to Bellikon

The “Bellikon Post” and “Bellikon Rehaklinik” bus-stops are immediately outside the clinic.

For patients with Suva insurance, travel to and from the clinic at the start and end of your stay will be refunded at the Customer Services desk (2nd class tram, bus and rail tickets, return). Taxi expenses are non-refundable.

### Arriving by car

To see how to get here by car, please see the map showing the location of the clinic (page 27). Our indoor car-park (with levels P1 and P2) is accessed from Küntenerstrasse. A limited number of parking spaces are available, and a fee is payable. The daily rate is CHF 20. For patients with supplementary private insurance, a free parking space is included in your stay. Please note that this free service cannot be transferred to another person.

## Luggage

A stay at the Rehabilitation Clinic can last several weeks. You should therefore be properly prepared. You will find a checklist at the back of this brochure.

Hand and shower towels and other towels are available at the clinic. Please bear in mind that you will only have limited space in your room for storing large personal possessions.

### Laundry

You are responsible for laundering your own personal clothing and laundry. Our Hospitality Services provides a laundry service. Please ask room service for the price list. There is also a washing machine and tumble dryer on every ward which you may use for free after 4 p.m. or during the day by arrangement with the nursing staff.

## Rooms

During your stay at the Bellikon Rehabilitation Clinic, you will be accommodated in a modern one-, two- or three-bed room. When allocating your room, we take account of the nature of your injury as well as your insurance status (general, semi-private or private). Only patients with private insurance are entitled to a single room.

You will be given a key which fits your room, your wardrobe and your locker in the therapy area. Your personal mailbox near the Information desk on the ground floor can be opened with your access badge.

## Range of services

You can find detailed descriptions of the services for patients with general, semi-private or private insurance on our website at [www.rehabellikon.ch/patienten-ausder-schweiz](http://www.rehabellikon.ch/patienten-ausder-schweiz).

## Upgrade options

If you are a patient with general or semi-private insurance, you have the option of tailoring your stay to meet your needs with an upgrade. Choose between an “Accommodation” upgrade or a “Medicine and Accommodation” upgrade. With both upgrades, you can choose between Comfort (the range of services for holders of semi-private insurance) and First (the range of services for holders of private insurance). Please note that we can only offer you an upgrade if a suitable room is available.

Please let us know your upgrade requests before or during your stay. We will be happy to prepare a price quotation for you. For further information, please visit our website: [www.rehabellikon.ch/upgrade-moeglichkeiten/](http://www.rehabellikon.ch/upgrade-moeglichkeiten/) If you have any questions, please contact our Customer Services, tel. 41 (0)56 485 54 80. We will be happy to advise you.

## Support

If you have any questions about your stay at the clinic, we are happy to help. Just contact the nursing staff, therapists, room service or a member of staff on the Information desk at any time. For further information, please visit the website at: [www.rehabellikon.ch](http://www.rehabellikon.ch)

If you would like to talk to a spiritual adviser, please contact a member of staff at the Bellikon Rehabilitation Clinic.

## Your relatives' questions

Would you like some face-to-face advice for your relatives, too? The Bellikon Rehabilitation Clinic is pleased to offer this service. Please contact a member of the clinic staff.

## Visiting

### Visiting times

Your friends and relatives will be made most welcome at the clinic. Our visiting times are:

<b>Monday to Saturday</b>	2 p.m. – 8 p.m.
<b>Sundays and public holidays</b>	11 a.m. – 8 p.m.

For the Intensive Care department, the following visiting times apply:

<b>Monday to Friday</b>	5 p.m. – 10 p.m.
<b>Sundays and public holidays</b>	9 a.m. – 10 p.m.

We request that you and your family show consideration for other patients at visiting times. Special arrangements regarding visiting times can only be made in exceptional cases and by agreement with the nursing staff. Please make sure that your visits do not coincide with your therapy sessions.

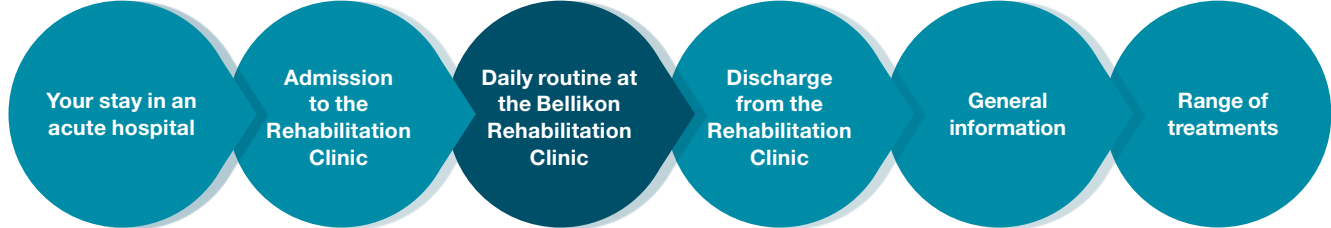
### Your visitors

Your family members and visitors are also most welcome in our restaurants and can pay for their food and drink there using any standard means of payment. They may also use our Aquazone and sauna complex and the Medical Training Centre. Information about this can be found in a separate brochure available from the Hospitality Services.

### Accommodation in Bellikon

For visitors wishing to stay the night in Bellikon there are various options outside the clinic – please contact our Customer Services on +41 (0)56 485 54 80





Premium Restaurant  
Abalone



Mercato Restaurant

Premium Restaurant Abalone

Gastronomy

Our Hospitality Services provide freshly prepared meals to give you a culinary treat every day. Patients with general insurance take their meals in the bright and airy Restaurant Mercato with its views of the Reuss valley. A wide range of delicacies are available on the “Food Islands”. Take your time eating and enjoy the fine food, because this will also have a beneficial effect on your rehabilitation. Provided your

state of health permits, meals are taken in the patients’ restaurant.

If you are not yet able to manage alone, you will be accompanied and assisted by a member of staff. If you have any special requests regarding food, please let us know. We are keen for meals to be a treat for you and a time for relaxation.

	Monday to Friday	Saturday	Sunday
Breakfast	7 a.m. – 8.15 a.m.	7 a.m. – 9.30 a.m.	8 a.m. – 9.30 a.m.
Lunch	11.30 a.m. – 1 p.m.	11.30 a.m. – 1 p.m.	11.30 a.m. – 1 p.m.
Evening meal	5.15 p.m. – 6.15 p.m.	5.15 p.m. – 6.15 p.m.	5.15 p.m. – 6.15 p.m.

Premium Restaurant Abalone

For patients with supplementary insurance, we offer an à la carte restaurant with waitress service and an open “show kitchen”. In the Abalone, you can enjoy attractively presented, seasonal dishes, in a sophisticated atmosphere and with a direct view into the kitchens.

Vista Coffee & Lounge

We recommend our cafeteria with its lounge and spacious terrace as a place to enjoy spending time with your visitors or when you’re feeling “a bit peck-ish” between meals, as it offers all kinds of hot and cold snacks, coffee, cakes and drinks. At the kiosk you will find a range of confectionery, newspapers and magazines as well as orchids and potted plants.

	Monday to Friday	Saturday	Sunday
Breakfast	6.45 a.m. – 8.30 a.m.	7.00 a.m. – 9.30 a.m.	8.00 a.m. – 9.30 a.m.
Lunch	11.30 a.m. – 1.00 p.m.	11.30 a.m. – 1.00 p.m.	11.30 a.m. – 1.00 p.m.
Evening meal	5.15 p.m. – 7.30 p.m.	5.15 p.m. – 7.30 p.m.	5.15 p.m. – 7.30 p.m.

Monday to Thursday	8 a.m. – 10 p.m.
Friday	8 a.m. – 8 p.m.
Saturday	9 a.m. – 8 p.m.
Sunday	10 a.m. – 10 p.m.

Drinks and snack machines are available in the clinic’s “Down Town” leisure area and in the Vista Coffee & Lounge outside of the cafeteria and restaurant opening hours. There are also free water dispensers on the wards and in the therapy areas.



# Your therapy program

In consultation with you, and based on your state of health, we will put together an individual therapy program for you. Therapy sessions normally take place from Monday through to Friday or Saturday. They are led by a doctor and conducted by experienced therapists. You will have regular discussions about how your therapy is going, during visits by your doctor and therapists, to ensure that your therapy programme and goals are continuously

adjusted in line with your progress. Your active cooperation will be the crucial factor in ensuring that you achieve your therapy objectives.

Be patient with yourself, even if you do not make progress as quickly as you would like. If you feel that the treatment is not having the desired effect, or if you have any questions, please contact your doctor or therapists.



## The main types of therapy

**Physiotherapy:** treatment by exercise and physical stimuli such as heat or cold

**Speech therapy:** the treatment of speech and voice disorders and difficulties with swallowing

**Ergotherapy:** practising practical, everyday skills

**Robot-assisted therapies:** from early mobilisation to gait training using The FLOAT, Erigo, Andago etc.

**Strength and stamina training,** for example on exercise machines

**Sports therapy:** training facilities (including sport for amputees) and sports advice

**Neuropsychological therapy:** the treatment of mental and psychological disorders resulting from brain injury

**Special therapies** for various symptoms of illness, such as pain or lymphoedema

**Psychosomatic rehabilitation and psychotherapy** in the case of psychological disorders

**Social advice** in the event of social, family or financial difficulties

**Work-based therapy:** training in the skills required to take up a professional occupation

**Professional assimilation** – preparing to return to your previous work or a new occupation

**Water therapy in the Aquazone:** in the swimming pool with its lifting floor or in the walking and therapy pool

**Animal-assisted therapy and gardening therapy**





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## Example of a therapy plan

Following a fall while skiing, the patient was in a coma for five weeks. Diagnosis: severe head and brain trauma. When he was moved from the acute hospital to the Bellikon Rehabilitation Clinic, he was so weak that he could barely sit up and he had speech and memory problems. In our special department for early rehabilitation, he re-learned how to sit up, stand up, eat and soon even walk by himself. Every day the patient received the therapy that he needed. This is what a therapy plan might look like:

### Monday

09.15 a.m. – 09.25 a.m. Rehab discussion  
10.00 a.m. – 10.30 a.m. Speech therapy  
11.00 a.m. – 12.15 p.m. Monitored eating practice  
02.30 p.m. – 03.00 p.m. Robot-assisted gait training with G-EO  
04.30 p.m. – 05.00 p.m. Basic, stamina and strength training

### Tuesday

08.00 a.m. – 08.30 a.m. Physiotherapy  
08.30 a.m. – 09.00 a.m. Ergotherapy  
09.00 a.m. – 09.30 a.m. Painting therapy  
10.30 a.m. – 11.00 a.m. Neuropsychological therapy  
02.30 p.m. – 03.00 p.m. Computer-assisted arm training with Armeo Spring  
03.00 p.m. – 04.00 p.m. Cognitive training group

### Wednesday

08.30 a.m. – 09.00 a.m. Physiotherapy  
09.00 a.m. – 09.30 a.m. Music therapy  
10.30 a.m. – 11.00 a.m. Speech therapy  
02.30 p.m. – 03.00 p.m. Computer-assisted arm training  
04.00 p.m. – 05.00 p.m. Robot-assisted training with Armeo Power

### Thursday

08.30 a.m. – 09.00 a.m. Dynamic balance training with "The FLOAT"  
10.00 a.m. – 11.00 a.m. Neuropsychological therapy  
02.00 p.m. – 02.30 p.m. Physiotherapy  
03.00 p.m. – 04.00 a.m. Ergotherapy  
04.30 p.m. – 05.00 p.m. Basic, stamina and strength training

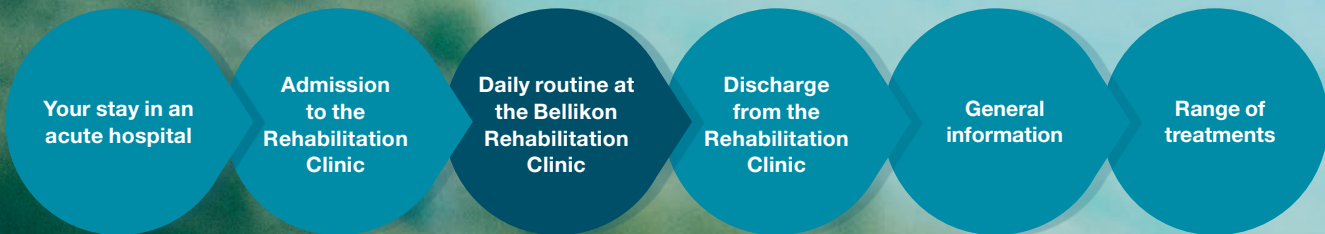
### Friday

10.00 a.m. – 10.30 a.m. Speech therapy  
11.00 a.m. – 12.15 p.m. Monitored eating practice  
02.00 p.m. – 02.30 p.m. Physiotherapy  
03.00 p.m. – 04.00 p.m. Cognitive training group  
04.30 p.m. – 05.00 p.m. Water fitness group in the Aquazone

### Saturday

10.00 a.m. – 10.30 a.m. Ergotherapy  
02.00 p.m. – 02.30 p.m. Personalised exercise group





# Leisure

When you have no therapy sessions and in the evenings, there are plenty of ways to occupy your free time.

## Surrounding area

Enjoy the beautiful area around the clinic, ideal for strolls and walks. In summer, it is pleasant to sit in the wicker beach chairs in our garden for a while. Not far from the clinic are a cash machine and a Volg supermarket.

## Down Town leisure area

Inside the clinic, the Down Town leisure area offers a wide range of ways to pass the time: cinema, games zone, studio for working in, smokers' lounge, the Arena and the World Café with library and Internet terminal. The current cinema programme is displayed at the Information desk and in the Down Town area itself. In the Arena, our interactive museum, you can learn all kinds of interesting things about the history of the Bellikon Rehabilitation Clinic and about trends in rehabilitation. If you enjoy making music, you may play your own instrument or one borrowed from the clinic in our music room. The opening times are as follows:

## Going out and short breaks

Between 5 p.m. and 10.30 p.m., you are free to leave the clinic for an outing. Please let a member of the nursing staff know.

By arrangement with your doctor, it may be possible for you to spend weekends at home. Your weekend break will begin after your last therapy session and continue until 11.15 p.m. on Sunday evening. Extensions are only possible in exceptional circumstances.

Every third weekend, Suva will cover your travel costs for a weekend break at home, not counting the week of your admission. If you are not insured with Suva, please find out the exact terms and conditions of your own insurance provider.

## World Café

<b>Monday to Sunday</b>	6 a.m. – 10.30 p.m
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## Studio, Arena, music room, Internet and games zone


<b>Monday to Sunday</b>	8 – 10.30 p.m.
<b>Friday</b>	1.30 – 8.30 p.m.

## Cinema

<b>Monday to Thursday</b>	1.30 – 10.30 p.m
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# Your discharge from the clinic

The length of a rehabilitation stay is different in each case and depends on various factors such as your goals, your progress in therapy and the level of commitment of your insurer.

## Preparing to go home

We help you to prepare for returning home and going back to work.

## Patient satisfaction

We carry out regular patient surveys by phone. It may well be that you will be asked to take part in a telephone survey after your stay at the clinic. We will be very grateful if you would describe your impressions, as this helps us to continue improving our patient care. If you would prefer not to take part in a survey, please let us know, if possible on your admission to the clinic. Of course, you can also raise any concerns, requests or criticism at any time during your stay at the clinic. Please use the patient feedback mailbox by the main entrance.

## Medical research

In order to review the quality of our work and keep on improving it, we conduct scientific studies and take part in third-party research projects. For this purpose, in some circumstances, data may be evaluated which Suva has obtained in connection with your care. If you do not wish for your anonymised personal data to be used for medical research purposes, please let Customer Services know. You can also tell the Compliance department at Suva directly, by emailing [datenschutz@suva.ch](mailto:datenschutz@suva.ch) or writing to:

Suva, General Secretariat, "Compliance" section, Fluhmattstr. 1, CH-6002 Lucerne

Please include your first name, last name, address, postcode, town, date of birth, AHV (pension) number and accident number.





## Use of addictive substances

After an accident or illness, your body needs all its strength to recover. Smoking, alcohol and other addictive substances will slow down or prevent a rapid recovery. For that reason, smoking and consuming alcohol or other addictive substances are not allowed inside the clinic or anywhere on the clinic site. The only exception is smoking in specially designated smoking zones. Out of consideration for other patients and the clinic's staff, please only smoke in such areas.

The smoking zones are marked on the clinic map on display at the Information desk.

### Night-time quiet

Night-time quiet is enforced in the clinic from 11.30 p.m. Your fellow patients will be grateful if you are quiet in the rooms and everywhere on the hospital site. They will also appreciate it if you are considerate when on the terrace after 10 p.m.

Please also note our house rules which are displayed in your room.

## Money, post, shopping

### Money

Food and drink at mealtimes are included in the cost of your stay. Please therefore only bring as much cash with you as you require for your personal needs. You can withdraw cash from the cash machine next to the clinic building. You can also pay by EC card, Post Office card, Visa and Master credit cards at Customer Services and in the cafeteria.

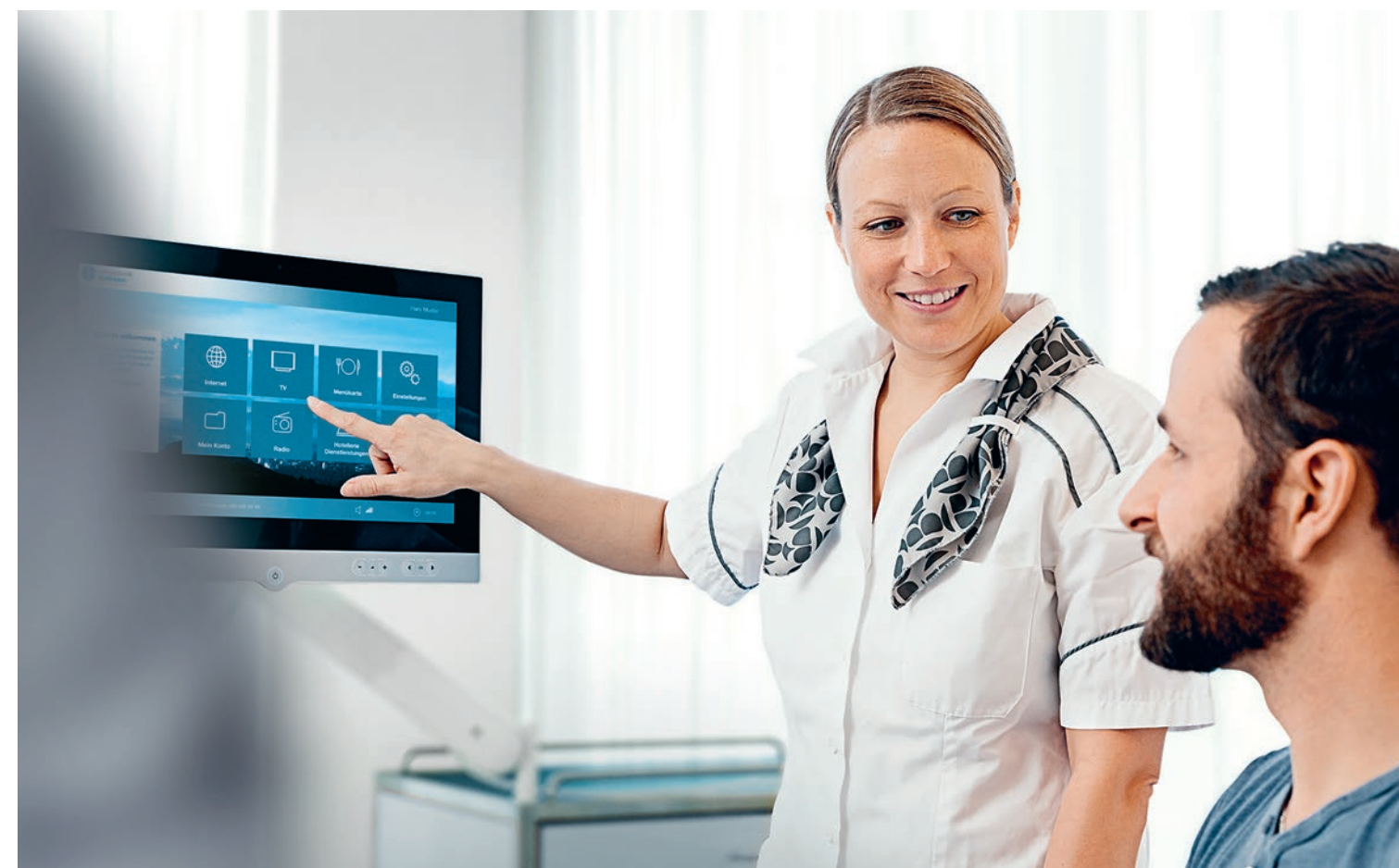
We recommend that you keep your money and valuables in the safe in your room or ask Customer Services to look after them. The clinic accepts no liability for lost money or valuables.

### Post

During your stay you will have use of your own personal mailbox which you open with your access badge. Incoming post is sorted and placed in the mailboxes at about 9.15 a.m. on Mondays to Saturdays. Parcels can be collected from the Information desk. There is a letter-box near the clinic entrance.

Opening times of the Volg supermarket (including post office services)

<b>Monday to Saturday</b>	7 a.m. to 7 p.m.
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## Patient Multimedia Terminal "PMT"

The modern PMT with touchscreen serves as a TV, telephone and radio, all in one. It also provides access to the Internet. You can also use the touchscreen on this device to call up other services such as additional services from the Hospitality Services.

### Telephone

The PMT includes a direct phone line. Please bear in mind that, in the interests of a speedy recovery, it is important for you and your fellow patients to be well rested. Please therefore do not make phone calls in multi-bed rooms between 10.30 p.m. and 7.30 a.m. Outside calls will not be connected during that time.

### Television and radio

A wide range of TV and radio programmes is available free of charge. Please ensure that, out of consideration for other patients, you only use the PMT at a low

volume until 10.30 p.m. After 10.30 p.m. you may listen to the radio and watch TV using the headphones that will be given to you on admission.

### Internet

If you wish to communicate or work online, please bring your own laptop with you. Free Wi-Fi (wireless Internet access) is available at the Bellikon Rehabilitation Clinic.

There are also Internet terminals in the Down Town leisure area which you may use for surfing free of charge. You can obtain free cards from the Information desk on payment of a deposit.

### Save energy

Please help us to save energy: switch off lights, the television, computer etc. when you are not in your room.





## Our range of treatments:

### Neurological rehabilitation

#### In-patient

- Multiple injuries including brain injury
- Traumatic brain injury
- Stroke/brain haemorrhage
- Injuries to a nerve network (plexus damage)
- Professional reintegration after brain injury

#### Out-patient

- Out-patient and day-clinic rehabilitation programmes
- Assessment after traumatic brain injury
- Assessment after mild traumatic brain injury (shaken brain)
- Special out-patient consultations

### Orthopaedic and hand surgery rehabilitation

#### In-patient

- Multiple injuries
- Acute injuries to the musculoskeletal system
- Amputations and the fitting of prostheses
- Burns
- Complex hand injuries
- CRPS (Complex Regional Pain Syndrome)
- Lymphoedema

#### Out-patient

- Out-patient rehabilitation programmes
- Provision of orthopaedic technology
- Provision of orthopaedic footwear
- Special out-patient consultations
- Assessment for computer-controlled prosthetic knee joints

### Assessment centre

- Mono- and interdisciplinary expert assessments for in- and out-patients
- Expert assessments combined with evaluation of functional housekeeping capacity, evaluation of functional capacity (FCE), neuropsychological investigations and assessments through physio- and ergotherapy

### Work-oriented rehabilitation

#### In-patient

- Multimodal musculoskeletal rehabilitation programmes
- Work-oriented medical rehabilitation programmes
- Work capability assessment (WCA)

#### Out-patient

- Evaluation of indication and potential for work-oriented rehabilitation (rehab triage)
- Out-patient and day-clinic rehabilitation programmes
- Functional capacity evaluation (FCE)
- Out-patient assessment of functional impairment of the musculoskeletal system
- Work-related investigations and preparation for work
- Occupational and careers advice
- Coaching in the workplace

### Sports medicine and rehabilitation

#### In-patient

- Sports science-based training rehabilitation
- Sports medicine-based investigations and advice

#### Out-patient

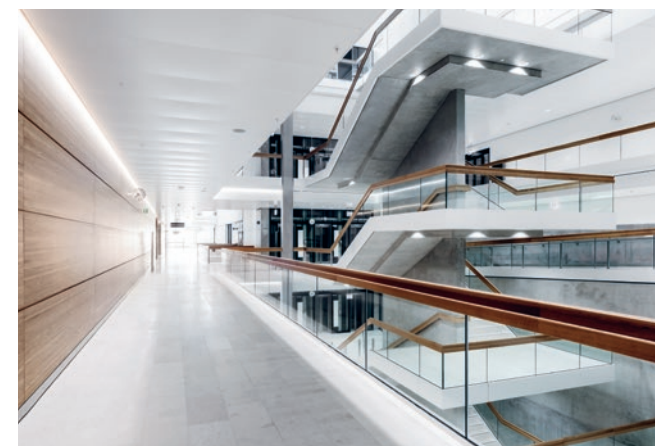
- Sports medicine-based investigations and advice
- Diagnosis of strength, stamina and coordination performance
- Sports physiotherapy and training advice

### Psychiatric and psychological services

- Support during acute mental crises
- Help with coping with illness, e.g. dealing with chronic pain
- Psychiatric and psychological diagnosis
- Support in treating psychiatric illnesses such as concomitant depressive disorders.
- Treatment of psychological damage following accidents

## Ready for the future

Five years of building work came to an end in June 2018 and the Bellikon Rehabilitation Clinic now has an entirely new look. The infrastructure that patients, staff and visitors will find here is state of the art in every respect. With even more space, and up-to-date equipment, the clinic is ready to live up to its responsibilities as the No 1 facility for accident rehabilitation and professional reintegration for many years to come.





We set the standard

# Rehabilitation of the highest quality

## Map

The Bellikon Rehabilitation Clinic is situated on the sunny hillside of the Heitersberg, between Zurich and Baden, and is easily reached on public transport.

From their spacious rooms our patients, whether they have general, semi-private or private insurance, enjoy unique views of the charming Reuss valley and a stunning alpine panorama.



**The Bellikon Rehabilitation Clinic works closely with the following partners**

Zurich University Hospital  
Aarau Cantonal Hospital  
Lucerne Cantonal Hospital

**The Bellikon Rehabilitation Clinic is a member of**

SAR Swiss Association of Rehabilitation  
H+ Swiss Hospitals  
VAKA Aargau Hospitals,  
Clinics and Care Homes  
GNAO Health Network for Aargau East

**The Bellikon Rehabilitation Clinic works with**

PluSport Behindertensport Schweiz  
PluSport Sport for the Disabled in  
Switzerland  
Swiss Paralympic  
Wheelchair Sport Switzerland (SPV)



**Specialist clinic for  
traumatological rehabilitation,  
sports medicine, occupational  
integration and expert medical reports**

**Rehaklinik Bellikon**  
Rehaklinik Bellikon  
CH-5454 Bellikon AG  
Tel. +41 (0)56 485 51 11  
Fax +41 (0)56 485 54 44  
info@rehabellikon.ch  
www.rehabellikon.ch

