



Please note

You should continue to take medicines prescribed by your doctor.

Only 'blood thinners' must be discontinued or substituted by another compound.

- Discontinue: ASS, Thomapyrin, Godamed, Plavix at least 5-7 days prior to in-patient admission
- Discontinue: Metformin at least 2 days prior to in-patient admission

Please bring all your medical documents and X-rays with you.

In some cases we will carry out diagnostic imaging on hospital premises.

Back care - The 10 Commandments

- Get moving!
- Keep your back straight!
- Flex your knees when bending down!
- Avoid lifting heavy loads!
- Distribute loads evenly and hold them close to the body!
- Never stand with knees hyperextended!
- Flex your knees when in a lying position!
- Knees should be lower than hips when you are seated!
- Exercise your back muscles daily!
- Take regular exercise! - if possible swimming (backstroke), cycling, running on a soft surface.

Certifications



How to reach us

Asklepios Klinik Wandsbek

Spinal surgery

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Doctor of Neurosurgery

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Appointments

Frau Meyer: Tel. (0 40) 18 18-83 12 74

Emergencies without appointment:

Accident and Emergency department
 Tel. (0 40) 18 18-83 66 33



United for Health

www.asklepios.com



Spinal surgery

Spinal surgery

Information for those affected



Dr. E. Fritzsche



Dr. F. Raimund



Prof. Dr. C. Arning



Dr. A-K. Meyer



Dear Readers,

Welcome to the Spinal Surgery Department of the Asklepios Klinik Wandsbek.

One out of every two Germans is plagued by occasional or frequent back pain. Most twinges fade away on their own within a few days, but a specialist should be consulted if problems persist. At our clinic a team of neurologists, geriatricians and neurosurgeons is on hand to provide diagnoses, consult on the best course of treatment and perform the operations.

Our doctors are specialists in neurology (consultant Prof. Dr. Arning), geriatrics (consultant Dr. Ann-Kathrin Meyer) and neurosurgery (consultant Dr. E. Fritzsche, senior physician Dr. F. Raimund).

We hope you enjoy this short overview of our department.

Yours sincerely,

Dr. E. Fritzsche

Prof. Dr. C. Arning

What we do

The causes of serious back problems are many and varied. Pain in the arms or legs can often be ascribed to a spinal disc issue leading to compression of nerve endings in the vertebral canal. Associated symptoms may be sensory disruption or forms of paralysis.

Changes in the spinal column due to years of wear and tear may lead to marked constriction of the central vertebral canal (spinal stenosis) or a lateral nerve canal (neuroforaminal stenosis).

Spinal fractures are associated with paralysing pain and require precise diagnosis and therapy.

If there is a reduction in the stability of the vertebral column, a slipped vertebra (spondylolisthesis) or lateral curvature of the spine (scoliosis) will result in severe pain. An operation must not only relieve the pressure on the nerves or spinal cord (decompression) but also increase stability in the relevant section of backbone (fusion).

Our philosophy

Treatment is provided at the Asklepios Klinik Wandsbek for all injuries and disorders involving the cervical, thoracic and lumbar vertebrae.

We specialise in minimally invasive and microsurgical techniques and in the treatment of age-related wear-and-tear issues, in particular the correction of acquired deformities.

All operations are performed using minimal, 'keyhole' incisions, with images relayed from a microscope. We collaborate with manufacturers in the design of theatre instruments, ensuring that our patients receive the very highest standards of treatment.

Please bring the following items with you when reporting for the pre-treatment meeting:

- letters, previous medical findings, doctors' reports
- X-rays, tomographies (MRI, CT etc.)