

## SPECIALIST CENTER WITH HOSPITAL PARTNERS

By combining our fields of specialization, a center of excellence has been created that provides holistic and comprehensive care tailored to our patients' individual needs. Should a surgical procedure be unavoidable, operations are performed at Hirslanden AndreasKlinik Cham Zug or at Spital Schwyz.

### OUR PARTNER HOSPITALS

**HIRSLANDEN**  
ANDREASKLINIK



#### ANDREASKLINIK CHAM ZUG

Rigistrasse 1  
6330 Cham

T +41 41 784 07 84  
info.andreasklinik@hirslanden.ch

In case of emergency: +41 41 784 01 44

#### SPITAL SCHWYZ

Waldeggstrasse 10  
6430 Schwyz

T +41 41 818 41 11  
information@spital-schwyz.ch

In case of emergency: +41 41 818 41 41

### ORTHO CHAM ZUG

Rigistrasse 1  
6330 Cham

Oberer Steisteg 18  
6430 Schwyz

T +41 41 784 02 22  
www.ortho-cham-zug.ch

More info



ORTHO CHAM ZUG

# SPECIALIST CENTER FOR THE MUSCULOSKELETAL SYSTEM

Your mobility, independence, and quality of life are our goal.  
Because movement is life.



**ORTHO CHAM ZUG**

Kompetenzzentrum für den  
Bewegungsapparat

# WELCOME

## DEAR PATIENTS, DEAR PARENTS,

Is your mobility restricted by pain? Are your mobility and independence suffering due to your discomfort? Is your child affected by a medical condition or pain involving the spine, arms, legs, or pelvis?

When dealing with musculoskeletal complaints, an accurate diagnosis by an experienced specialist forms the foundation for optimal treatment and therapy.

As a highly specialized center, we diagnose and treat diseases and injuries of the musculoskeletal system – always with the goal of restoring our patients' mobility, independence, and quality of life.

We are a team of medical specialists who have each focused on a specific subfield of the musculoskeletal system for many years:

- Shoulder and Elbow
- Hand
- Hip and Knee
- Foot and Ankle
- Sports Orthopaedics
- Paediatric Orthopaedics
- Traumatology

# ORTHOPAEDICS, TRAUMA SURGERY, TREATMENT OF SPORTS INJURIES

Whether your or your child's discomfort has been affecting you for a long time or occurred acutely – an accurate diagnosis by a specialist is crucial for the recovery process.

In our practice, we treat both diseases and injuries of the musculoskeletal system:

## ORTHOPAEDICS

Wear and tear, overuse, or misalignments are the root causes of many musculoskeletal complaints. With an accurate diagnosis, the right treatment can be initiated.

- Infiltration therapy for pain management
- Targeted exercise therapy
- Treatment of osteoarthritis
- Joint replacement (prostheses)
- Prosthetic revision / replacement
- Revision surgery following previous operations

## TRAUMA SURGERY / TRAUMATOLOGY

Following an accident, a timely diagnosis and immediate start of treatment are vital for the healing process.

- Simple and complex fractures
- Injuries to tendons, muscles, ligaments, and soft tissue
- Joint dislocations
- Sports injuries

## SPORTS INJURIES

If musculoskeletal complaints arise during sports or if an athlete sustains an injury, receiving care from a specialized doctor can significantly contribute to a rapid recovery.

- Pain management
- Targeted exercise therapy
- Surgical procedures



# PAEDIATRIC ORTHOPAEDICS AND SECOND OPINIONS



## PAEDIATRIC ORTHOPAEDICS

Because children and adolescents are still growing and their skeletal system is maturing, medical conditions and healing processes develop differently. Specific knowledge and experience are essential to assess and treat young patients in an age-appropriate manner. Accordingly, paediatric and adolescent orthopedics is a specialized field within orthopedics.

## SECOND OPINION

Has surgery been recommended to you? Are you unsure whether this is the right treatment for you? Would you like a second opinion on a planned therapy? Or are you dissatisfied with a procedure that has already been performed? We also offer the opportunity to gain an outside expert perspective.

# OUR KEY AREAS OF FOCUS

## HIGHLY SPECIALIZED

### HIGHLY SPECIALIZED

The main focus of our center lies on the joints of the musculoskeletal system.

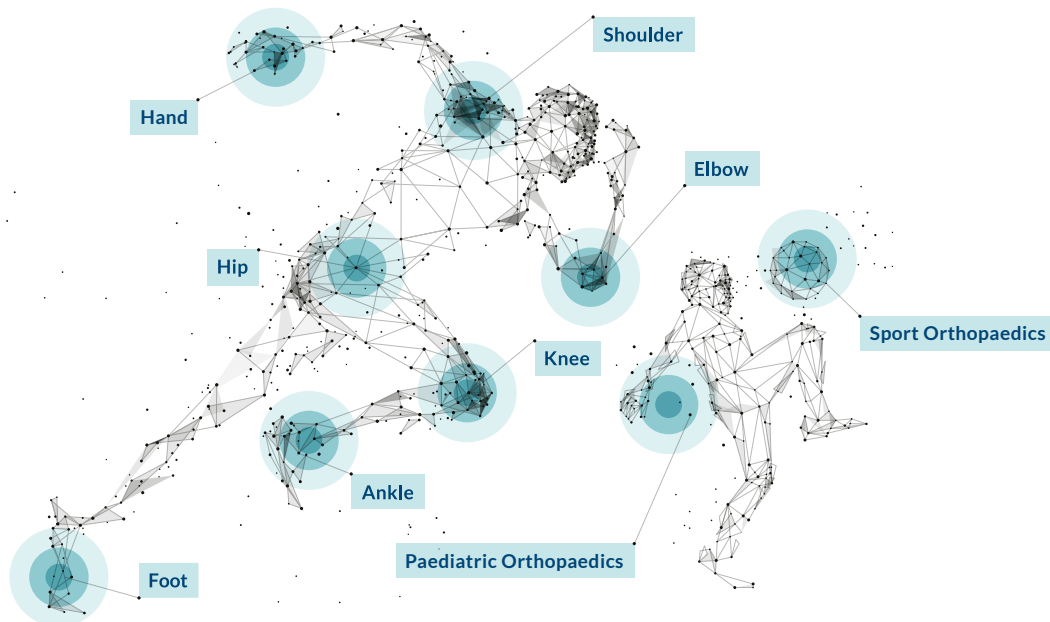
Our specialists are recognized, highly qualified medical experts with many years of sound experience in their respective subfields:

- Shoulder
- Elbow
- Hand
- Hip
- Knee
- Foot
- Ankle
- Sports Orthopaedics
- Paediatric Orthopaedics
- Traumatology

### PERSONAL CONTACT

From your first contact through to the end of treatment, you or your child will be cared for by the very same specialist.

We take ample time for the initial appointment to get to know our patients and thoroughly analyze their complaints. Following the diagnosis, we map out the right treatment plan together.



# SPECTRUM OF TREATMENTS

## FOR PAIN-FREE MOBILITY

### SHOULDER

- Impingement and AC joint surgery
- Reconstruction of the rotator cuff
- Tendon transfer for irreparable rotator cuff tears
- Joint stabilization following dislocation
- Shoulder joint replacement (prostheses)
- Shoulder fractures and injuries

### HAND

- Median nerve compression (carpal tunnel syndrome)
- Dupuytren's disease (palmar fibromatosis)
- Ganglion cysts
- Trigger finger
- Hand and wrist infections
- Osteoarthritis
- Hand joint replacement
- Chronic nerve compression (nerve entrapment syndromes)
- Complex regional pain syndrome (CRPS / formerly Sudeck's atrophy)
- Soft tissue and bone reconstruction following trauma and tumor conditions
- Fractures and injuries of the hand and wrist

### ELBOW

- Tennis and golfer's elbow
- Reconstruction and repair of ligaments and tendons
- Elbow stiffness
- Elbow joint replacement (prostheses)
- Elbow fractures and injuries

### HIP

- Hip impingement (Femoroacetabular Impingement / FAI)
- Hip joint replacement (prostheses)
- Revision hip prosthesis / Replacement
- Hip prosthesis infections
- Femoral deformities / misalignments
- Femoral neck fractures

### KNEE

- Knee joint arthroscopy
- Cruciate ligament surgery
- Meniscus surgery
- Patellar stabilization surgery
- Joint-preserving surgery for osteoarthritis
- Realignment surgery for bow-legs and knock-knees
- Total and partial knee joint replacement
- Revision knee prosthesis / Replacement
- Fractures and injuries around the knee joint

# SPECTRUM OF TREATMENTS FOR CHILDREN AND ADOLESCENTS

## ANKLE

- Flatfoot / valgus deformity
- Achilles tendon disorders and injuries
- Ligament reconstruction of the upper ankle joint (ligamentoplasty)
- Fusion of the upper and lower ankle joints (arthrodesis)
- Total ankle replacement (prostheses)
- Ankle prosthesis revision / replacement
- Fractures of the ankle and hindfoot

## SPORTS ORTHOPAEDICS

- Sports injuries
- Sport-specific musculoskeletal conditions
- Care for professional and amateur athletes
- Expert consultation
- Multidisciplinary, cross-functional care
- Non-invasive therapy
- Surgical therapy
- Collaboration with physical therapy, occupational therapy, and coaches / trainers

## FOOT

- Pain management with orthotics / insoles
- Immobilization with cast
- Bunion / Hallux valgus
- Osteoarthritis of the big toe joint (Hallux rigidus)
- Midfoot osteoarthritis
- Hammer toes and claw toes
- Chronic nerve compression (nerve entrapment syndromes)
- Procedures for ganglion cysts and benign fatty tumors (lipomas)
- Fractures and injuries of the foot

## GENERAL

- Correction of leg deformities (rotational deformities, in-toeing / out-toeing)
- Guided growth of the legs for length discrepancies or knock-knees / bow-legs
- Stabilization procedures for “brittle bone disease” (Osteogenesis imperfecta)
- Treatment of benign tumors, e.g., bone cysts
- Treatment for poor posture and spinal deformities

## HIP

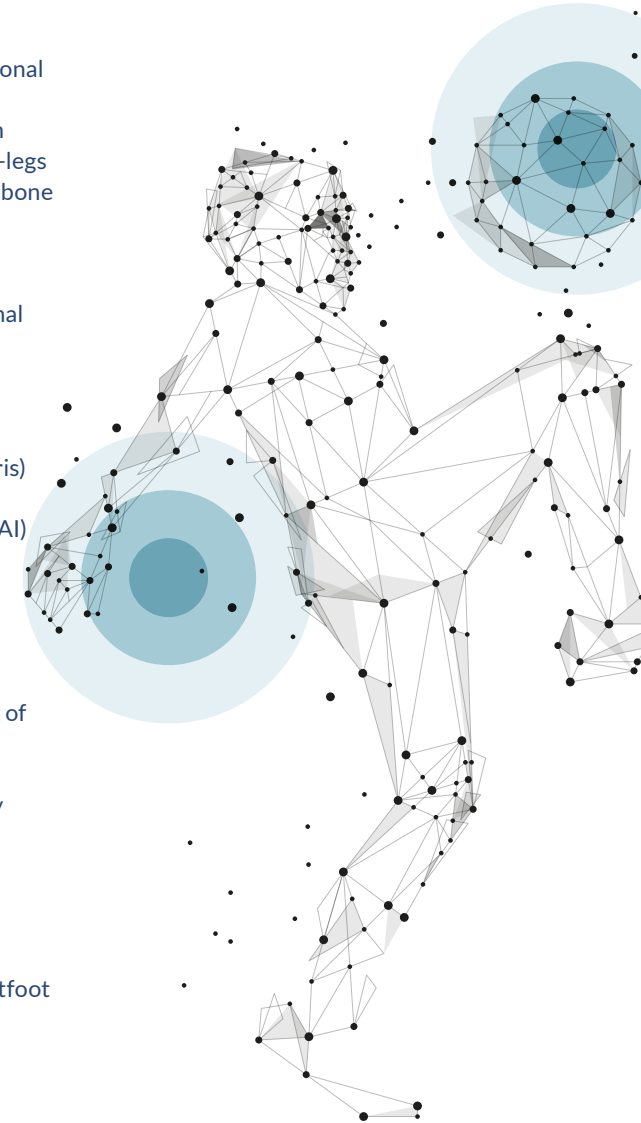
- Slipped capital femoral epiphysis (SCFE / Epiphyseolysis capitis femoris)
- Painfully restricted mobility (Femoroacetabular impingement / FAI)
- Shallow hip socket (Hip dysplasia)

## KNEE

- Reconstruction / stabilization for meniscus injuries
- Reconstruction and/or replacement of the cruciate ligament
- Cartilage reconstruction
- Patellar stabilization, including bony corrections

## FOOT

- Correction of foot deformities (e.g., Hallux valgus)
- Treatment for flexible flatfoot or flatfoot
- Stabilization procedures for ankle instability





# OUR PHILOSOPHY

## ACCURATE DIAGNOSIS, PERSONALIZED THERAPY

### THERAPY BEFORE SURGERY

Surgery is not always necessary for treatment. Often, significant improvement can already be achieved with physical therapy, targeted exercise therapy, or infiltration injections.

If surgery is unavoidable, a variety of surgical techniques are available. Today, many procedures can be performed arthroscopically – using “keyhole surgery.”

### HOSPITAL PARTNER

Should surgery be required, it takes place at our partner hospital, AndreasKlinik Cham Zug, on an outpatient or inpatient basis depending on complexity.

### ALL INSURANCE CLASSES

Both Ortho Cham Zug and AndreasKlinik Cham Zug welcome patients of all insurance coverage levels – around the clock, 24/7 in case of emergencies.

# ONE SPECIALIST CENTER

## TWO LOCATIONS: CHAM AND SCHWYZ

In addition to our established center in Cham, we opened a second center of excellence in the heart of Schwyz in May 2023.

Here, we offer our conservative spectrum of services for initial care and follow-up examinations.

The renovated practice premises at Oberer Steisteg also feature X-ray facilities, an image intensifier for infiltration procedures, and a dedicated casting room.



# YOUR SPECIALISTS



**Dr. med. Laurent Bohnert**  
Specialist in Orthopaedic Surgery and Traumatology of the Musculoskeletal System, Member FMH, GOTS Sports Physician  
**Location:** Cham and Schwyz  
**Specialty:** Shoulder / Elbow



**Dr. med. Pascal Ducommun**  
Specialist in Hand Surgery, Plastic, Reconstructive and Aesthetic Surgery, Member FMH, Medical Assessor (SIM)  
**Location:** Cham  
**Specialty:** Hand



**Dr. med. Roman Flückiger**  
Specialist in Orthopaedic Surgery and Traumatology of the Musculoskeletal System, Member FMH  
**Location:** Cham and Schwyz  
**Specialty:** Foot / Ankle



**Dr. med. Martin Röthlisberger**  
Specialist in Orthopaedic Surgery and Traumatology of the Musculoskeletal System, Member FMH  
**Location:** Cham and Schwyz  
**Specialty:** Hip / Knee



**Theo Solinger, EMBA**  
Specialist in Orthopedic Surgery and Traumatology of the Musculoskeletal System, Member FMH  
**Location:** Cham and Schwyz  
**Specialty:** Hip and Knee



**Dr. med. Simone Frunz**  
Specialist in Orthopaedic Surgery and Traumatology of the Musculoskeletal System, Member FMH  
**Location:** Cham  
**Specialty:** Foot / Ankle



**Dr. med. Sebastian Gathmann**  
Specialist in Orthopaedic Surgery and Traumatology of the Musculoskeletal System, Member FMH  
**Location:** Cham and Schwyz  
**Specialty:** Shoulder / Elbow



**Dr. med. Ronny Pilz**  
Specialist in Orthopaedic Surgery and Traumatology of the Musculoskeletal System, Member FMH, Subspecialty: Children and Adolescents  
**Location:** Cham  
**Specialty:** Paediatric orthopaedics and Traumatology



**Dr. med. Fabian Dinkel**  
Specialist in Orthopaedic Surgery and Traumatology of the Musculoskeletal System, Member FMH, Surgical Assistant and Outpatient Clinic Physician  
**Location:** Cham  
**Specialty:** Knee

# HOW TO FIND US

## CHAM



### CONTACT

#### ORTHO CHAM ZUG

Rigistrasse 1  
6330 Cham  
T +41 41 784 02 22  
[www.ortho-cham-zug.ch](http://www.ortho-cham-zug.ch)

### DIRECTIONS

Our **practice** is located in the Hirslanden AndreasKlinik building. Please follow the signage on the grounds. If you have a radiology appointment prior to your initial consultation with us, follow the signs to the **Institute of Radiology** (Institut für Radiologie). The separate entrance is located to the left of the main entrance to AndreasKlinik (before the stairs).

### PARKING

Ample parking is available on the grounds of AndreasKlinik Cham Zug as well as in the Rigiplatz and Büel parking garages.

### BUS AND TRAIN

By bus: Take the bus to the stop "Gemeindehaus" or "Bahnhof Cham".

By train: Travel to Cham railway station (Bahnhof Cham).

From both the bus stop and the train station, it is approximately a 7-minute walk to the practice.



Google Maps &  
Route Planner

## SCHWYZ



### CONTACT

#### ORTHO CHAM ZUG

Oberer Steisteg 18  
6430 Schwyz  
T +41 41 784 02 22  
[www.ortho-cham-zug.ch](http://www.ortho-cham-zug.ch)

### DIRECTIONS

Our practice is located next to the post office and the parking area at Oberer Steisteg. Please follow the signage on the grounds.

### PARKING

Sufficient parking space is available on site in the Steisteg underground garage (Tiefgarage Steisteg). Short-term parking spaces (15 minutes) are also available directly in front of the practice.

### BUS AND TRAIN

By bus: Take the bus to the stop "Steisteg" (stops right in front of the building), "Schwyz Zentrum", or "Lücken" (the latter two are about a 5-minute walk away).

By train: For passengers arriving by train, taking the bus (routes 501, 503, 508) from Schwyz railway station is recommended.



Google Maps &  
Route Planner