

# KINEMEDIC

We treat what moves you.

Doctor's office for physical, orthopedic  
and rehabilitative medicine



We treat what moves you! A team of dedicated doctors and therapists will help you on your way to an improved quality of life.

Our doctor's office for physical, orthopedic and rehabilitative medicine puts you and your personal medical history in the center. An interdisciplinary and holistic approach is the foundation for our individually tailored treatment strategies.

After comprehensive diagnostics, we counteract accident-related or disease-related physical limitations, chronic pain, musculoskeletal disorders and organ dysregulation with a wide range of well-founded treatment methods.



## DIAGNOSTICS

We attach great importance to a precise and detailed medical history as well as to the physical examination. We focus our attention on individual medical history and ailments. In addition to discussing and reviewing your medical report, manual diagnosis is an integral part of the assessment. Especially disorders of muscles, fasciae and nerves can be represented only partially in medical imaging and therefore move into the focus of the physical examination. Even with diseases already known to you, a look at the surrounding structures and the entire body can open up additional treatment options.

### **Areas of treatment include:**

- Acute and chronic musculoskeletal and back pain
- Headaches
- Restricted freedom of movement
- Weakness and paralysis of muscles and pelvic floor
- Malfunction due to arthrosis and after surgery



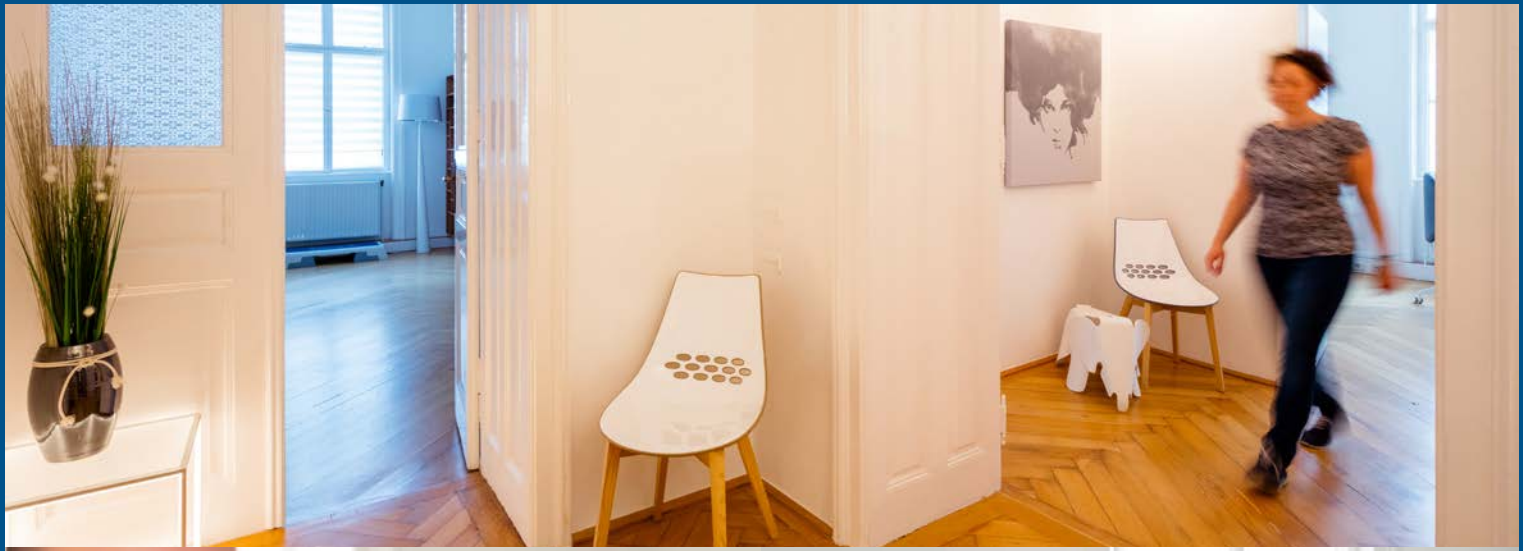
## THERAPY

We offer a wide range of medical and physiotherapeutic therapies. A dedicated team of doctors, physiotherapists and massage therapists will accompany you on your individual path to health and wellbeing. Through this joint support, which incorporates the knowledge and experience of all team members, an optimal therapeutic success can be achieved, in which you as a person are the center of attention.

### Therapies include:

- Manual therapy and chiropractic
- Osteopathy, children's osteopathy and Craniosacral therapy
- Shock Wave Therapy
- Fascia therapy
- Trigger point therapy
- Acupuncture
- Neural therapy and infiltration
- Operative therapy
- Physio therapy
- Psychotherapy
- Sports physio therapy
- Pelvic floor and incontinence training
- Treatment with medication
- Nerve mobilization
- Manual lymph drainage
- Electrotherapy and magnetic therapy
- Healing and Sports massage and reflexology





## PREVENTION AND REHABILITATION

We accompany you after injuries, operations and illnesses back to a pain free private and working life. Together with you, we will look to compensate for imbalances, weaknesses and endurance shortages and strengthen your physical resources. Often, the normal movements are forgotten in pain or dysfunction. However, it is important to recognize these and normalize the movements or the gait pattern to prevent pain and signs of wear later. members, an optimal therapeutic success can be achieved, in which you as a person are the center of attention.

### **To support you, we offer:**

- Functional and rehabilitation training
- Fitness for Golden Agers
- Pilates and Yoga
- Antenatal care
- Back strengthening training
- Physiotherapy after pregnancy

## OUR TEAM



### Dr. Valerie Gartner

Specialist in Physical Medicine and General Rehabilitation, General practitioner, Doctor of occupational medicine, contracted with KFA and private consultant of all health insurances, consultant at the orthopedic center of the Otto Wagner Hospital, qualified doctor of manual medicine, pain management, geriatric medicine, palliative care, holding a diploma for Continuing Medical Education.



### Dr. Hannes Platzgummer

Specialist in Radiology

### Eleazar Cafirma

Physiotherapist

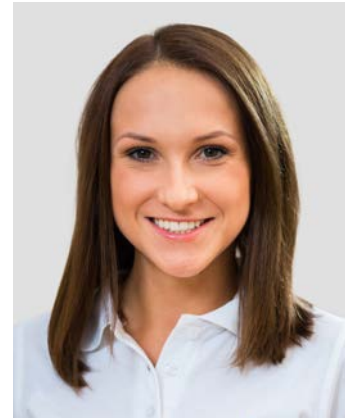


### Sigrid Steiner

Physiotherapist

### Paulina Haller

Physiotherapist and Sport physiotherapist

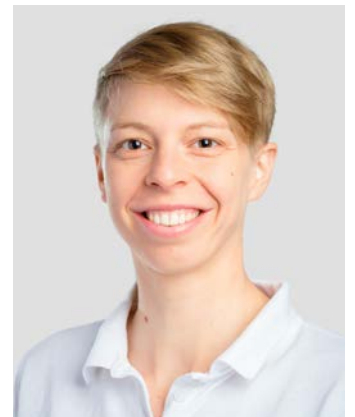


### Ernestine Steyrer


Massage therapist and Sport massage therapist

### Julia Wagner, BBSc

Dietologist





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Gonzagagasse 14/21  
1010 Wien

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For more info or to book an appointment:

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or directly via this website at <https://kinemedic.at/terminvereinbarung/>