

*At the **SOURCE** of well-being*



*Edema therapy, balneotherapy, therapeutic exercises,
consultation, diagnosis, follow-up*





Regain health immersed in the beauty of nature!



*Welcome to
the Wittlinger Lymphedema Clinic in
Tyrol's magnificent Kaiserwinkl region –
the competence center for lymphedema
patients in Europe! A cozy place to feel at
home with comfortable amenities and
pleasant rooms decorated with loving care.
We treat you as our personal guest. With the
help of an optimized therapy approach we
want to improve your lasting well-being –
not only while here but also when you are
back home. Hence follow-up care is a matter
of course for us.*

Wittlinger Lymphedema Clinic

A family enterprise, run for more than four decades with great warmth, know-how and personal commitment, the Wittlinger Lymphedema Clinic has established itself as Austria's leading training and treatment center for Dr. Vodder's Manual Lymph Drainage.



*Where body, mind & soul **unfold** ...*



The medical team of our clinic

takes ample time for you and your problems. Your condition and illness are not reduced to individual symptoms but are addressed as a whole. Our holistic therapy is based on an integrated-medicine approach. Regular intermediate examinations and their documentation chart the course of individualized therapy. This is how we tailor our program to the progress you make under treatment.

Principles of therapy:

- Combined Decongestive Therapy with Manual Lymph Drainage according to Dr. Vodder
- Remedial exercise, various massage techniques and applied physical therapy
- Naturopathy-based medicine
- Dietetics

We treat:

- Edema of all origins
- Orthopedic, surgical and trauma pathologies, pre- and post-operatively
- Overweight and metabolic disorders
- Rheumatic disorders affecting soft tissue, bone structure and joints
- Stroke patients

Competence & personal care are our hallmarks

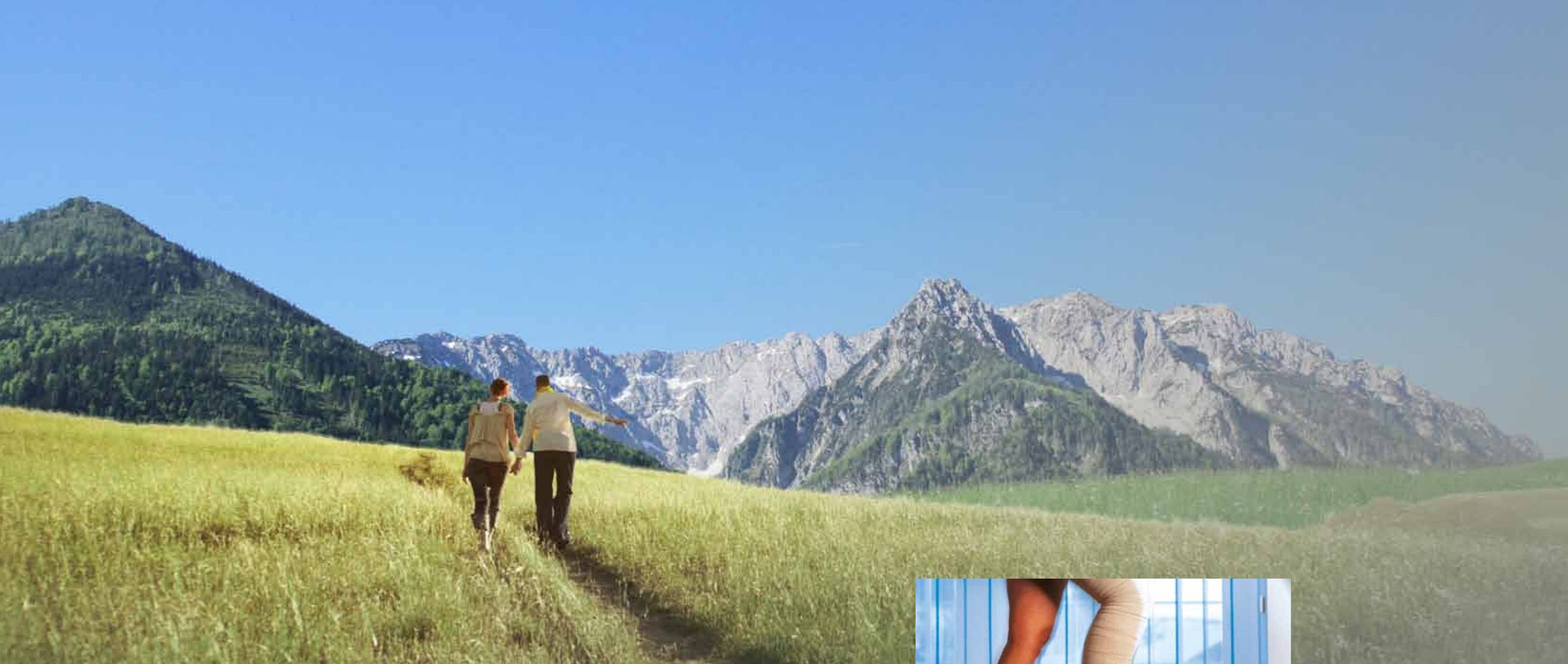


Treating edema

is among our core competencies, with Combined Decongestive Therapy being front and center in our services. In close association with Dr. Vodder we have taken forward and perfected at our institute the technique of Manual Lymph Drainage that bears his name. The excellent therapy outcomes prove us right. Most advanced diagnostic and therapeutic facilities are available at our center to support your healing progress and ensure efficient treatment by top-notch medical standards.



Successful therapy according to Dr. Vodder



Other pillars of edema treatment



Edema is an accumulation of fluid in the interstitial space, caused by a damaged lymph vessel system unable to ensure adequate drainage of fluid. Eventually, this results in congestion. Combining the following modes of treatment with Dr. Vodder's Manual Lymph Drainage will soon achieve the intended reduction or removal of edema.

Bandaging, skin care, electrotherapy, lymphedema gymnastics, Kinesio tape

Aquatic exercises

are specifically recommended for patients who have problems with their joints. The natural buoyancy of water reduces the impact on joints, while its soothing warmth alleviates muscle pain. Underwater massage helps relax sore muscles and makes them supple. In conjunction with Kneipp hydrotherapy, a tried and tested means of enhancing the performance of the heart and circulation, your bodily and mental well-being will improve quite naturally.



Water – the element of healing



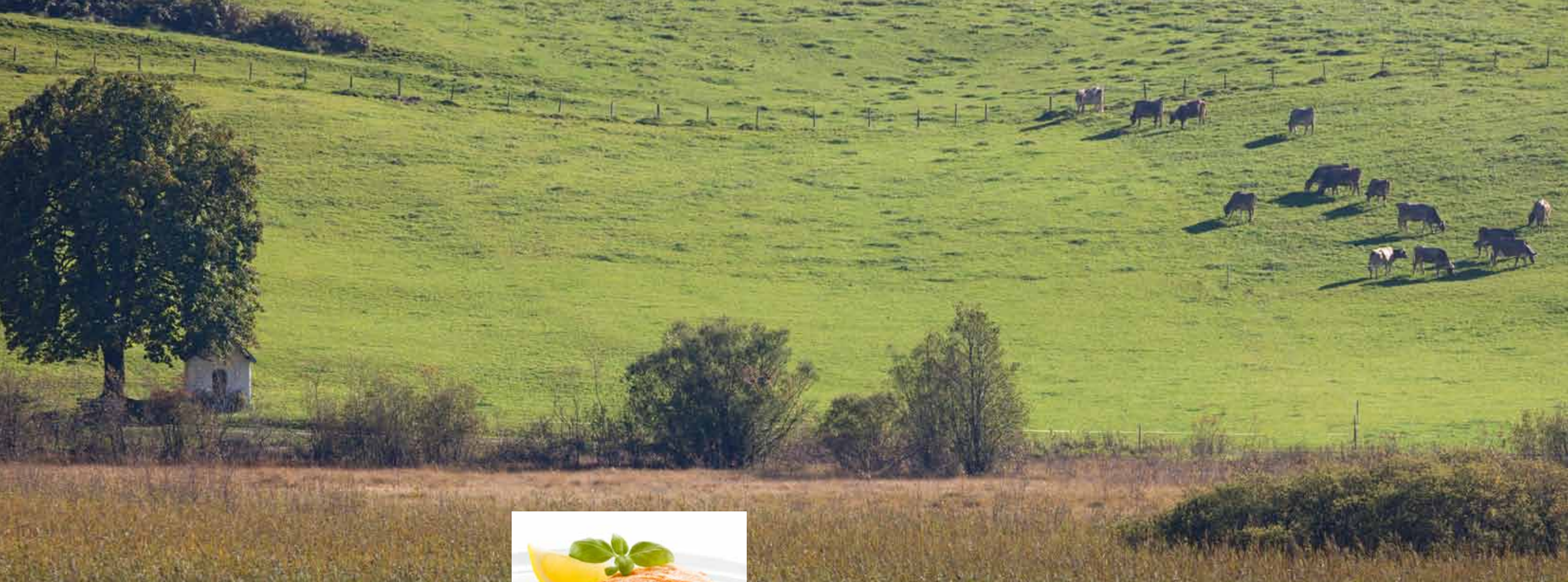
Exercise will free your mind & strengthen your heart

Expert physiotherapy

is an essential part of our treatment regime, provided by individual and group therapy sessions. Headed by certified physiotherapists and sport physiotherapists, our well-equipped therapy unit offers the following modes of treatment:

- Dr. Vodder method of Manual Lymph Drainage
- Remedial exercise to train the cardiac and circulatory system
- Rehabilitation and muscle-strength training, manual joint mobilization following surgery
- Remedial exercise for the rehabilitation of neurological disorders
- Instruction in proper back and spine exercises, relaxation training techniques, lymphedema gymnastics
- Stretching, aqua gymnastics
- Bandaging
- Massages: remedial and underwater massage, reflexology, acupuncture massage, breathing massage, manipulation massage according to Dr. Terrier, Marnitz massage
- Electrotherapy: Stanger bath, ultrasound, low- and medium-frequency currents, laser, deep oscillation (Hivamat)
- Thermotherapy: Fango (hot mud), hot air, ice therapy
- Kneipp treatment, medicinal bath therapies
- Outdoor activities: jogging, walking, biking, hiking





Altogether healthy & happy

Mental & emotional balance

is essential for physical recovery. Well-being comes from within, a feeling that results from the harmonious interaction of medicine, physiotherapy, spa and cosmetics at our therapy center. During treatment your body is – quite literally – in best hands. Last but not least, a balanced and informed choice of diet promotes health and contributes to therapeutic success.

Relaxation & stress reduction

We invite you to join our autogenic training, qi gong, yoga and respiratory therapy sessions.

Relaxation & fitness

Enjoy our generous spa complete with pool, whirlpool, sauna, steam bath, solarium, natural outdoor pond and rest area.

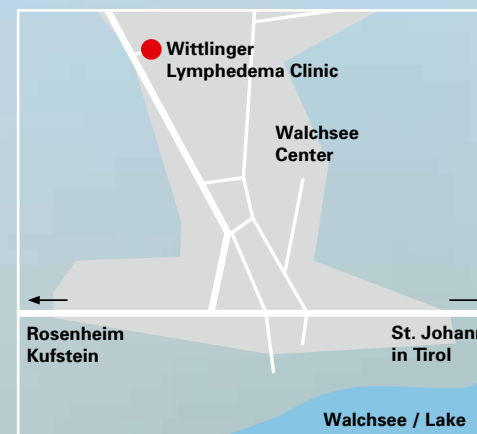
Feel & be beautiful

Our beauty salon lives up to this motto by pampering you with facials and body styling, manicure and pedicure.



*In harmony with **nature***

Situated in idyllic Kaiserwinkl near the refreshing coolness of Lake Walchsee, the Wittlinger Lymphedema Clinic offers a unique panoramic view of the Tyrolean mountains and a picture-postcard ambiance for your recovery. Beautiful scenery with deep valleys, wide plains and crystal-clear lakes offers a great variety of activities and a memorable stay in fresh alpine air. An oasis of calm and recreation awaits you both in summer and winter. Outstanding conditions for health and well-being.



How to find us:

Arriving by car: when driving from Munich, Innsbruck or Salzburg stay on the Inntal-autobahn (Inntal Highway) to the Oberaudorf exit. Crossing the Inn river, continue for about 10km.

Arriving by train: when traveling from Munich, Innsbruck or Salzburg, get off the train at Kufstein. From there you can take a Postbus (postal service bus) or taxi for the final 18km to the Wittlinger Clinic in Walchsee. The Wittlingers look forward to welcoming you!

WITTLINGER



LYMPHEDEMA CLINIC

DR. VODDER ACADEMY
INTERNATIONAL



MANUAL LYMPHDRAINAGE
ORIGINAL METHOD

Center for excellence in lymphedema treatment
Lymphedema rehabilitation center – Treatment
Academy – Training – Research