

# Clinique romande de réadaptation | Sion

The reference in rehabilitation in the heart of the Valais



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Welcome





The Management Committee (from left to right) :

- **Dr Gilles Rivier**  
Medical Director CRR
- **M. Daniel Roscher**  
Member of the Management at the Suva
- **M. Jean-Raphaël Kurmann**  
Managing Director CRR

With its unique offer of services, the Clinique romande de réadaptation (CRR) is leader in the French speaking part of Switzerland in the field of Physical Medicine and Rehabilitation.

Built in 1999, the CRR experienced an incredible development necessitating a large extension inaugurated in February 2015, to increase its capacity.

The objective of a stay in rehabilitation is to reduce the after effects due to an accident or illness as much as possible, and allow patients to regain as much independence possible.

In addition to disciplines regarding musculoskeletal rehabilitation and neurological rehabilitation, the CRR offers specific services regarding medullary (spinal cord) trauma, burn trauma, technical orthopaedic and professional rehabilitation. This work carried out by a team of multi-disciplinary experts, which has become the Clinic's hallmark, allows the staff to make the most of every member's knowledge in the patients' best interest.

The CRR also boasts an evaluation/assessment and consultation centre, a research centre, as well as a sports medicine department labelled Swiss Olympic Medical Center.

The Clinique romande de réadaptation

# In the heart of the Valais, for the entire French speaking part of Switzerland

Situated in Sion and close to the hospital, the Clinic benefits from a privileged location.





In the 90s, the Suva who already owned a rehabilitations clinic in Bellikon (AG), decided to build a new clinic in Sion to cover the French speaking part of Switzerland.

The main reasons were to :

- compensate the lack of establishments specializing in rehabilitation in the French speaking part of Switzerland
- allow rehabilitation patients to remain in an environment speaking their own language
- benefit from the proximity of a hospital of acute care which allows the sharing of technical resources and medical competences

- make the most of a sunny climate and the proximity of the town of Sion, its attractions and its leisure activities.

The Clinique romande de réadaptation is owned by the Suva. However, it is financially independent and can welcome patients insured by the Suva as well as patients covered by other accident insurance companies (LAA) or health insurance companies (LAMal).

## The Suva

The Suva is the largest accident insurance company in Switzerland and the majority of its customers are employed in the secondary sector. Its missions are defined in the Federal Law concerning accident insurance (LAA). Its offer of services is unique and groups together; prevention, insurance and rehabilitation. The Suva's services are divided into four domains :

**suva**pro

Le travail en sécurité

**suva**liv

Vos loisirs en sécurité

**suva**risk

Couverture à toute épreuve

**suva**care

Prestations et réadaptation

## In-patient care

The clinic disposes of 145 beds spread over three important and highly specialized rehabilitation processes.







### 1. Musculoskeletal rehabilitation

This department is responsible for functional re-education and rehabilitation of deficiencies and incapacities of the musculoskeletal system : upper and lower limbs, spine.

The CRR is particularly specialized in serious and complex cases, such as :

- amputation
- poly-trauma
- burn trauma
- complex hand damage.



### 2. Neurological rehabilitation

Neurological rehabilitation develops its field of action with patients suffering from deficiencies, incapacities or difficulties in participating in their socio-professional and family lives due to a problem in their central or peripheral nervous system, which could be caused by :

- a stroke
- head/brain injury
- multiple sclerosis, Parkinson disease
- neuro-muscular diseases.



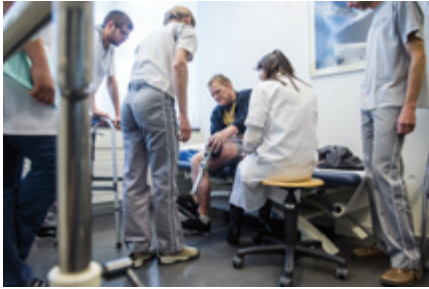
### 3. Paraplegia

Unique para/tetraplegic centre for the French speaking part of Switzerland, the CRR treats patients suffering from lower and upper spinal cord damage (loss of use of legs or all four limbs) following an accident or illness where rehabilitation, follow-up or the management of a complication proves necessary.

## Inter-disciplinarity like leitmotiv

A multi-disciplinary approach allows us to have a global view over each patient's situation in order to, optimize their rehabilitation program.





Rehabilitation is a discipline where inter-disciplinarity is particularly important. The CRR applies this principal daily, to offer high quality and personalised care for its patients.

Thanks to a wide diversity in competences, the medico-therapeutic staff, led by specialized physicians, constantly adapts the patients program, in order to reach the objectives fixed.

**The medical staff** consist of specialists in the following fields :

- Physical medicine and rehabilitation, FMH
- Orthopaedic surgery, FMH
- Rheumatology, FMH
- General Internal medicine, FMH
- Neurology, FMH
- Psychiatry and psychotherapy, FMH
- Sports medicine SSMS
- Manual medicine SAMM
- Anaesthesiology FMH, pain specialists SSIPM

**The multi-disciplinary staff** is also composed of :

- Physiotherapists
- Ergo therapists/occupational therapists
- Neuropsychologists
- Speech therapists
- Music therapists
- Clinical Psychologists
- Nurses
- Social assistants
- Dieticians
- Qualified sports instructors
- Orthopaedic boot makers
- Orthopaedic technicians
- Socio-professional teachers
- Psychologists OSP in professional rehabilitation
- Entertainment and activities staff (leisure activities)

## A wide range of out-patient services

All the medical and therapeutic competences at the CRR are also available on an out-patient basis in the form of specialized consultations or of therapeutic programs.



## A wide range of out-patient services

- rheumatology
- osteoporosis (bone densitometry)
- orthopaedics and traumatology
- neurology (follow-up of brain injuries, electrophysiological investigations, walk analysis, botulinum toxin, spasticity, baclofen pump, ...)
- paraplegics (bed sores, sphincter and bladder and/or sexual dysfunction, urodynamic check-ups, ...)
- prosthetics and other devices
- wound treatment
- podology (feet and shoe consultation)
- hands
- vehicle driving assessment
- sports medicine
- cardiac rehabilitation.

## An assessment and consultation centre

Medical out-patient consultations in the field of rheumatology is the main activity in this service. This centre is also dedicated to medical evaluations allowing us to draw up an assessment regarding the patients' health and to identify possible measures to improve it.

Evaluations are multidisciplinary and can imply up to ten different competences : musculoskeletal specialists, neurologists, neuropsychologists and psychiatrists. The Clinic's strength is having all the disciplines necessary for these types of tests all under the same roof.

When a return to the work place for a patient is envisaged, the doctors can depend on specific reports drawn up in professional rehabilitation workshops. Physiotherapists and occupational therapists are brought in to give their opinion on the patient's physical aptitudes after an illness or an accident.

These evaluations are normally requested by the insurance companies (AI, accident insurance companies such as the Suva).



## Return to active life

One of the objectives of rehabilitation is to allow people who have had an accident to return to their professional lives.



The Suva gives great importance to the return of people who have had an accident to an active life. Therefore, they have introduced professional rehabilitation departments into their clinics.

These departments take these patients quickly into care to allow them to return to work via workshops which are designed to either re-train them in their present job or help them with a re-orientation into another profession.

As soon as the patient's condition allows it, they are placed in an adapted job, under the supervision of a socio-professional teacher, in one of the workshops within the CRR. This positive confrontation with real life can help the patient return to work or at least give them the confidence needed to do so in the future.

Sometimes the return to their former job is not possible, and it is up to these professional workshops to initiate and build, with the patient and the department's psychologist, a re-insertion project in an appropriate job in close collaboration with the national invalidity insurance (AI).



## Modern equipment

The CRR disposes of the very latest infrastructures and equipment to offer the best adapted treatments and services to our patients.







Swimming pool with 2 heated pools



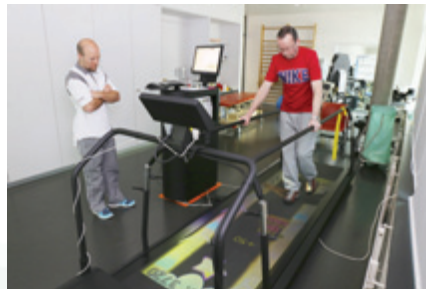
Therapeutic training hall



Sports gym



Isokinetic equipment



Room for training patients to walk



Technical orthopaedic workshop



Technical foot and shoe workshop



Training kitchen



Driving simulator



Training bathroom



Therapeutic games room



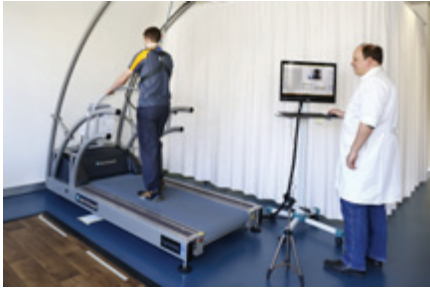
Music therapy room



## Recognized scientific competences

In addition to its basic activity, the CRR is also active in the fields of research and sports medicine.





## Research

With a view to ensuring high quality and continually enhancing the services provided, the research department of the CRR assesses the therapeutic services, to guarantee patients, the best possible treatments according to the latest findings. A unique research project focusing on the close link between pain and the amount of physical activity, as well as the influence these two parameters have on a possible return to work is also being developed within the walls of the CRR. The results of this research are often published in internationally renowned medical journals.



For these research activities, the Clinic collaborates with the « Ecole polytechnique fédérale de Lausanne » (EPFL), the « HES-SO », the « Hôpital du Valais » and the « Université de Lausanne » (UNIL).

For this, the EPFL has installed one of its health-related research chairs inside the CRR buildings, in particular its bio-engineering part.



## Sports medicine

The catalogue of services provided by this department focuses on covering all the needs of a population of sportsmen and women :

1. Medical consultations
2. Evaluation of physical condition
3. Training advice and physical preparation
4. Promotion of good health and physical activities for companies
5. Reathletisation.

Holder of the « Swiss Olympic Medical Center » (SOMC) label, this department welcomes athletes of all levels, in view of ensuring the practice of sporting activities in the best possible conditions.

# Certification and commitment

In the spirit of continuous improvement and in search of excellence, the Clinic bases its philosophy on a charter and is committed to acquiring and maintaining labels and certifications.



## A charter for everyday life

### MISSION

Each employee at the Clinique romande de réadaptation seeks, by his/her direct or indirect intervention, and in the spirit of inter-disciplinarity, to favour the patients' active participation in all parts of their lives.

### VALUES

Professional ethics, mutual respect, loyalty, perseverance and the patients' security guide each member of staff in this mission.

### VISION

Through this global approach and constant evaluation, each member of staff is committed to reaching and maintaining a high quality in the services provided with the objective of consolidating and developing the Clinics leading position in the domain of rehabilitation.

#### ■ ISO «Healthmark!»



Quality management system specifically designed for the health sector, with, as reference, the ISO 9001 : 2015.

The Clinic has been certified according to its demands since 2003.

#### ■ Board Européen de médecine physique et réadaptation



The Clinic has been named as a training centre by the European Board of Physical medicine and rehabilitation since 2001.

#### ■ Recognition FMH



The Clinic benefits from the recognition FMH as a post-graduate training centre for physicians in four different domains.

#### ■ Recognition SAKR



The out-patient cardiovascular rehabilitation centre of the CHVR-CRR benefits from a recognition SAKR (Schweizer Arbeitsgruppe für kardiale Rehabilitation) as a training centre for physiotherapists and adapted physical activities sports instructors, in the field of cardiovascular prevention and rehabilitation.


#### ■ Swiss Olympic Medical Center



The Clinic has benefited from this label since 2011. The « Swiss Olympic Medical Centers » are centres specialized in the global care of elite athletes and future regional and national sportsmen and women (sports trauma, medico-sporting assessments, laboratory tests, performance and training advice).

# A warm and friendly atmosphere

Special attention is made to make sure that our patients' stays are as comfortable as possible.

A photograph of a patient room table. On the table, there is a green sign with the word 'Bienvenue' in white. Next to the sign is a silver tray containing several pieces of fruit, including oranges and kiwis. To the right of the fruit is a small gift bag tied with a yellow ribbon, containing a bottle of juice. Further right is a white plastic bag containing several small white packets of toiletries. The background shows a dark-colored sofa and a window with a view of the outdoors.

Bienvenue





### Reception

Welcoming and available staff.



### Spacious bedrooms

Maximum two beds, comfortable, spacious and modern, with a balcony.



### Restaurant

With the « Fourchette verte » (healthy eating) label.



### Cafeteria

A warm and friendly meeting point including outdoor seating.



### Entertainment

A wide choice of activities.



### Leisure activities

Craft activities.

# Key figures of the CRR

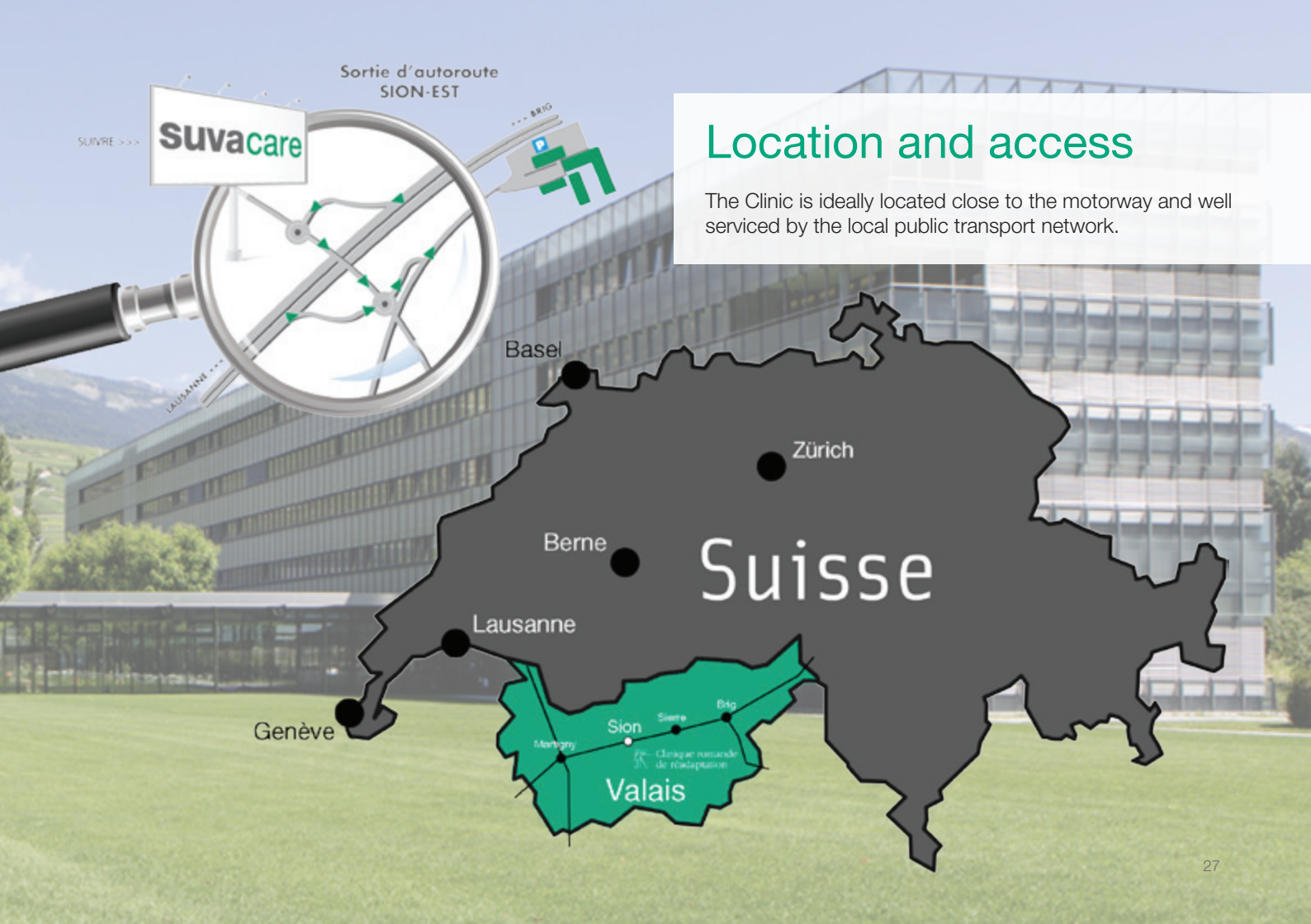
	2000	2016
Turnover	CHF 24 million	CHF 60 million
Number of beds	110	145
Number of in-patients	957	1411
Average stay	35.2 days	36 days
Average age	46 year	47.3 year
Number of out-patients	3'244	7'812
Average staff (equivalent full time)	172	310

## Key dates

1999 | Opening of the CRR

2004 | New building and professional rehabilitation workshops

2015 | Clinic extension



SUIVRE >>>

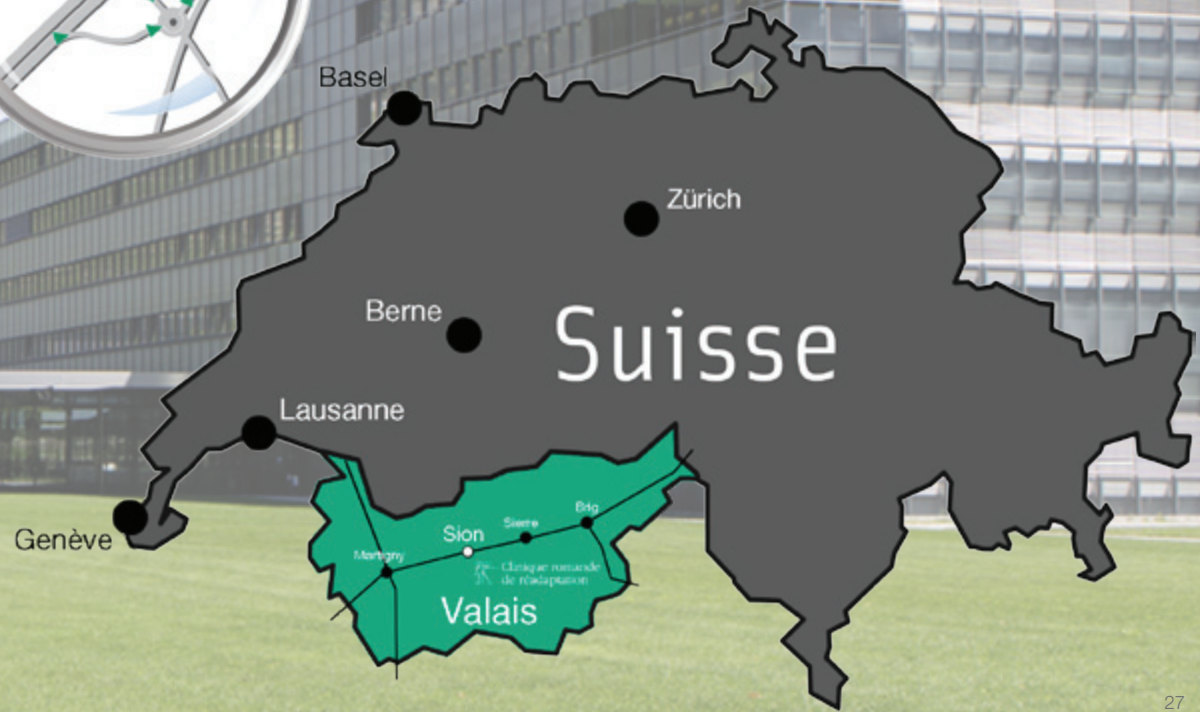
**Suva**care

Sortie d'autoroute  
SION-EST



## Location and access

The Clinic is ideally located close to the motorway and well serviced by the local public transport network.





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June 2017

**suva**care

Prestations et réadaptation

**Référence**  
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