



Individually  
designed for you



Stroke, trauma or brain disease can affect one or several of your brain functions – such as speech, movement, thinking and attention. cereneo provides a comprehensive rehabilitation programme that allows patients to get better in all areas.

Neurorehabilitation aims at getting you back to a normal life without disability. This may be a challenging process which cannot be accomplished during your inpatient stay. cereneo has built a unique concept to help patients along their entire recovery process and ensure a seamless support. Our concepts are designed for patients to take control of their health and recovery with the support of medical checkups, shorten the time in a hospital, provide tools and ideas to self-manage rehabilitation in daily life settings and ultimately empower individuals to take ownership of their lives.

### Inpatient rehabilitation



Foundation of

### cereneo @ Home



Returning home

### Telerehabilitation



Manage yourself

## success

Building a strong foundation for your successful and sustainable rehabilitation by using technology and data to develop a fully personalised therapy concept, which can be integrated in your daily life settings while being supported 24/7 by rehabilitation professionals.

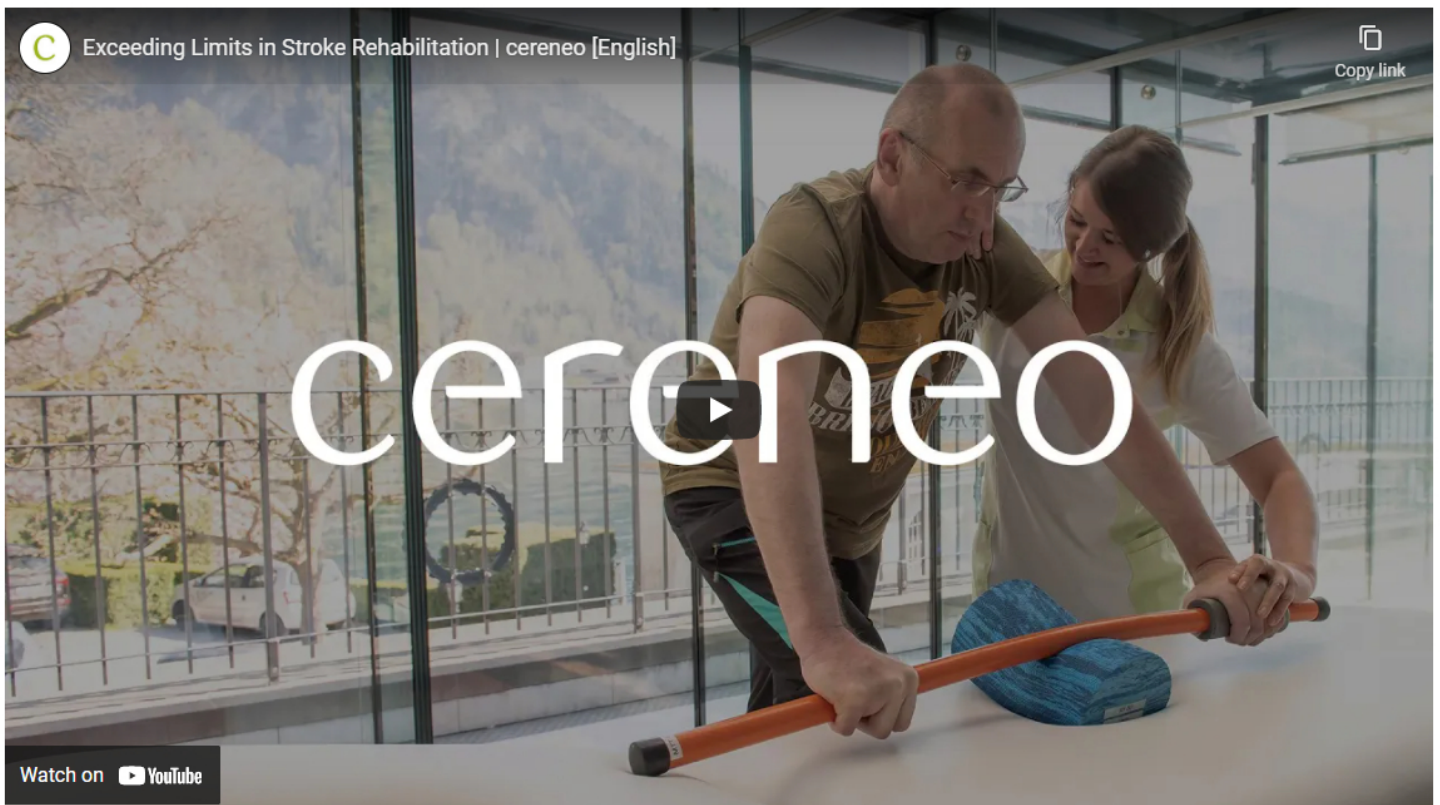
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Embedding personalised therapy in your home environment by supporting interior design, equipment and technology choices, helping to set up telerehabilitation and providing personal rehabilitation therapies worldwide and from the comfort of your home.

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Stay connected to our clinical expertise and the cereneo network through access into our flexible telerehabilitation programs which continuously support you independent of your location using technology to measure progress and make data driven therapy adjustments.

[MORE INFO](#)



Ideally, we can support you along your entire recovery journey from inpatient rehabilitation to tele-rehabilitation. However, as every recovery journey is different, you can start your rehabilitation with us at any point in time and we encourage you to reach out to us to determine a rehabilitation plan tailored to your needs and preferences.

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Building blocks for your successful rehabilitation



We will choose from a variety of therapy disciplines and medical services and work in interprofessional teams to find the right neurorehabilitation plan for you:

- Neurological and neurorehabilitation consultation by our neurologists
- Movement therapy (physiotherapy, occupational therapy)
- Speech- and language therapy
- Neuropsychology
- Interprofessional reviews with neurologists, therapists and nurses
- Neuro-nutrition: consultation with focus on neurological recovery
- Medical checkups.

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## Benefits at a glance



A fully personalised therapy programme based on your needs and wishes



Interprofessional case management including neurologists, therapists and nurses



Regular consultations and therapy reviews with a neurologist



Use of novel technologies, such as sensors, body weight support systems and robotics

Curious to learn more about staying in one of our clinics? Here is an example of what a day at **cereneo** could look like for you:



### 07:30 Waking up

After a good night of sleep, get your day started with the help of our graduate nurses. You will receive your therapy plan and medication for the day and get ready for a successful day of rehabilitation. Too early for you? No worries, we are flexible to accommodate your preferred wake up time.

### 08:00 Breakfast

All of the meals during your stay will be discussed with and planned by our nutritional advisor to support your rehabilitation process.

### 09:00 Movement therapy

To start your therapy day, you will work with a physiotherapist in our gym. Working on your core strength, balance and flexibility will support your recovery journey and prepare you for the challenges ahead.

### 10:00 Neuropsychology therapy

After using your muscles during movement therapy, it is time to train your brain. Our experts will guide you through various exercises and games to improve your cognitive functions and behaviours.

### 11:00 Robotics therapy

With the help of **Armeo® Power by Hocoma**, you will train your arm movement while being guided by the device and supported when needed.

### 12:00 Lunch

After intense therapy sessions in the morning you will be served a healthy meal to regain power. You will have time to enjoy the delicious food on our terrace overseeing the Lake of Lucerne.

### 14:00 Consultation with the senior neurologist

Our head neurologist will discuss the progress of your rehabilitation with you and the latest results from your assessments. He will share the feedback from the interprofessional meeting from the previous day. All insights will be used to carefully adjust your rehabilitation plan to maximise your progress and success.

### 15:00 Speech therapy

Speech and swallowing are essential to one's quality of life. Each pattern requires specific training. What is right for you will be assessed by our qualified speech and language therapist in the beginning of your stay and you will be constantly trained in your therapy sessions.

### 16:00 Water therapy

To finish off your therapy day, you will meet your cereneo therapist at the pool. Together you will perform different exercises to improve your balance, strength and flexibility using the buoyancy and support of the water.

### 19:00 Dinner

Time to rest, spend time with your accompanying family members and eat another healthy meal while seeing the last rays of sunlight sink behind the Swiss Alps.

[REQUEST PERSONAL OFFER](#)

After finishing your inpatient rehabilitation, we will make sure that you receive all the support you need when returning home while being accompanied by one of our **cereneo @ Home** therapists. Here is what a day could look like:

### 07:30 Good morning

Start your day with a healthy breakfast following the recipes and guidance you have received from our nutritional advisor during your stay in one of our clinics or through a video call.

### 09:00 Movement therapy I

Your movement therapist will work with you in your home environment and embed the exercises whenever possible into your daily routine. This could be in your garden, the kitchen or walking the stairs. These activities will help you to prepare for your daily life and increase your independence.

### 10:00 Speech and swallowing counselling

Your movement therapist is your interface to the cereneo network of experts and is working closely with all therapy disciplines to help you apply what you learned during your inpatient stay in your daily life. The therapist will support you during your daily speech and swallowing exercises and guide you how to further improve.

### 11:00 Video call with the neurologist

A key element of your cereneo @ Home programme is the exchange with our neurologist who represents the network and knowledge of cereneo`s interprofessional team of experts. In this video call, the neurologist will share the latest results from your rehabilitation assessment and the data generated by your Gripable training device with you and discuss the suggested changes in your daily rehabilitation routine.

### 12:00 Lunch time

You have earned your lunch break. Again, the recipes and ingredients are selected to support your recovery process and boost your resilience, strength and endurance.

### 14:00 Telerehabilitation set-up

Continuous rehabilitation is key to a successful recovery journey. Although our therapist is flexible to stay as long as needed to work with you at home, we are aiming to increase your independence by shifting your rehabilitation support to our secured telerehabilitation platform ALVE. The therapist will help you to set up your telerehabilitation account and will do a test video call with you to make sure everything is properly working.

### 15:00 Movement therapy II

Since the movement therapist is staying close to your home (e.g.) in a hotel nearby, it is easy to fit in a second therapy session for the day. This time, all exercises will be integrated into an outdoor walk through your neighbourhood. Getting some fresh air while having the support from our therapist will give you a feeling of security and the confidence that you can do it on your own in the future.

### 19:00 Dinner

Enjoying dinner with your family and friends, you proudly share the progress you have made over the last couple of weeks. It feels good to be back home.

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We have been able to transfer the cereneo rehabilitation concept from our clinics to the digital channels of telerehabilitation where we offer a personalised service with one-to-one patient therapist interaction and self-training.

cereneo telerehabilitation provides patients a comprehensive neurorehabilitation programme covering all aspects of neurorehabilitation. Initially, we will **focus on speech and language therapy**, regular **assessments** of your progress and **consultations with a neurologist**. Specific cognitive training, online movement therapy and nutritional counselling will follow shortly after. We will complement our services through digital training and measurement devices that will assist us to assess your daily personal challenges, train you and show you your progress.

Telerehabilitation can be integrated into your daily routine and will not interfere with other tasks you may have. The intensity and frequency of therapy will be discussed with you to continuously support your next steps towards an independent life.

RECEIVE PERSONALISED PLAN



## Secured Telerehabilitation with ALVE

When working with digital tools, both functionality and data security are crucially important. Our easy to use secure platform ALVE is specifically optimised for online therapy and fulfills the highest data security and patient safety standards.

Find out more about our **telerehabilitation packages** and how to get started

LEARN MORE HERE

before it could become a problem. We offer in-depth assessments for patients who want to learn more about their stroke risk, brain age and balance disorders or unstable gait. The check-ups exist of diagnostic testing and laboratory results, medical reporting, a tailor-made health plan and individual advice providing you with the support and prevention that you need.

## Stroke Risk vascular risk factors

For patients who have vascular risk factors and/or a positive family history, who have already suffered a transient ischemic attack or a stroke or heart attack.

Medical consultation and anamnesis

24 hours blood pressure monitoring

MRI

Holter EKG

Final consultation

Medical Report

## Brain Age (2 Days) dementia

For patients with a positive family history of dementia, memory problems and/or with a dementia diagnosis (for clarification and second opinion).

Medical consultation and anamnesis

Laboratory blood test

Neuronal ultrasound diagnostic

MRI

Neuropsychological Assessment (2 parts)

Lumbar puncture + laboratory examination

Final consultation

Medical Report

Accommodation in a Junior Suite

## Unstable Gait balance disorders

For patients with balance disorders, an increased incidence of falls, dizziness, gait unsteadiness or residual paresis - for example after a stroke.

Medical consultation and anamnesis

Laboratory blood test

Electromyoneurography

Neuronal ultrasound diagnostic

MRI

Gait analysis

Final consultation

Medical Report

## Your benefits

Early detection of possible warning signals and complications. An insightful and detailed determination of the current status as well as possible risks. Detailed reporting and preparation of an activity plan for the future.

## Your benefits

Intensive testing and assessment of cognitive functions and performance. Early detection of possible complications. Investigation of risk factors. Second opinion/ second diagnosis (incl. cross-check of medications and existing/planned treatments). Detailed reporting with preparation of an activity plan for the future.

## Your benefits

Intensive analysis and assessment of mobility deficits. Early detection of possible complications. Detailed reporting with preparation of an activity plan for the future.



# Looking for something else?

Please contact us, and we will do our best to help you with your individual needs.

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**cereneo**  
CENTER FOR NEUROLOGY  
& REHABILITATION



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