Schulthess Clinic
Leading in orthopaedic surgery, neurology, rheumatology and sports medicine
Our aim is to do justice to the increasing demands in medicine while maintaining the focus on our core competence.

Schulthess Clinic in Zurich is one of Europe’s leading orthopaedic clinics with more than 850 employees. Its central mission is to relieve people from pain and restore their mobility. Since 1935, the clinic has been financially supported by the Wilhelm Schulthess Foundation. Since then, it has always maintained its non-profit character.

The clinic accepts patients with general and supplementary health insurance. As a top orthopaedic clinic, Schulthess Clinic specialises in the sophisticated treatment of the musculoskeletal system. It treats patients with joint, spine, hand and foot disorders.

The core areas of this specialist clinic are orthopaedic surgery, neurology, rheumatology and sports medicine. Through expert consultation in the hospital’s pain centre and treatments based on conservative medicine, alternatives to surgical intervention can often be found. Schulthess Clinic is home to the Swiss Olympic Medical Center and FIFA Medical Centre of Excellence.

The outstanding specialist knowledge and distinct synergies between the different specialist units make Schulthess Clinic a modern and sustainable institution with an international appeal. With around 20 000 interventions undertaken and 9000 inpatients treated each year, this degree of output provides evidence for the highest level of efficiency.

Schulthess Clinic does everything it can to ensure that its patients are well looked after and well informed. The aim is to achieve treatment goals as quickly as possible, so that patients can derive the greatest benefit from our competence.
The experienced Anaesthesiology team is there to provide general anaesthesia, local anaesthesia and combination anaesthesia during surgery. The overriding priority is to choose the most suitable method of anaesthesia for each patient and make the patient’s stay in the clinic as pleasant as possible. During surgery, the anaesthesiologist’s main role is to eliminate pain as well as monitor and stabilise vital functions such as respiration and circulation. After anaesthesia, patients are observed in the recovery ward for an adequate period of time to ensure their recovery and safety. The Anaesthesiology department places great value on the quality of its consultations where the different anaesthetic possibilities are explained to patients in detail and additional investigations are initiated, if necessary.
The Upper Extremity Orthopaedics department treats patients of all ages with conditions of the shoulder and elbow. Both surgical and conservative methods are used here. Treatment techniques are constantly adapted to the state-of-the-art level of knowledge. The range of surgical treatments comprises all arthroscopic techniques, partial shoulder joint replacement, joint-preserving reconstruction and fracture treatment, artificial joint replacement, and shoulder and elbow prostheses revision. In-house development of implants and joint prostheses in cooperation with internationally renowned research teams makes the department a leading institute with a respectively high level of experience.
The specialist Hand Surgery team covers the whole range of conservative and surgical treatment options in terms of the hand, forearm, and peripheral nerves. The broad range of medical specialities includes disease-related changes to the hand, e.g. osteoarthritis or arthritis. In addition, consequences of injury and certain recent injuries, such as radial or finger fractures, are treated competently. One of the main specialities is artificial joint replacement in the hand. Hand surgery patients benefit from comprehensive specialist care based on many years of experience, continuous learning and scientific research.
The Lower Extremity Orthopaedics department at Schulthess Clinic is Switzerland’s largest centre of reference for endoprosthesis and revision surgery for hips and knees. In addition to prostheses, the department also offers the full spectrum of joint-preserving surgery. Second opinions and specialist reports complete the range of specialist competence. Arthroscopic interventions and reorientation of the pelvis as well as axial correction and complex ligament reconstructions of the knee are standardised and established procedures. The integration of orthobiology into the Lower Extremity Orthopaedics team means that orthobiology and cartilage regeneration methods are also available. These are essentially used for the treatment of complex, usually sport-induced meniscus, cartilage and ligament injuries of the knee joint and cartilage damage in the ankle joint. The range of treatment comprises all current cartilage reconstruction procedures as well as those currently being developed, the transplant of donor meniscus cartilage and classical meniscus surgery.

The range of services offered by the department is completed by revision surgery and the treatment of patellar instability. Fractures are treated using state-of-the-art techniques with the most up-to-date traumatology implants. As a leading clinic in the field of outcome research, we engage in constant scientific exchange at an international level. This means that the surgical techniques and biological reconstruction techniques we use are continuously improved, which encourages the development and implementation of innovative therapy concepts.
The specialist Foot Surgery team focuses exclusively on the treatment of conditions and injuries of the foot and ankle. This includes primary interventions as well as elaborate revision surgery. The department covers the whole range of conservative and surgical treatment options in terms of the foot. Hallux valgus surgery or hammer toe corrections form a key area as does complex surgery of the hindfoot with tendon reconstruction and osteoarthritis treatment. With its large number of interventions and consultations, the Foot Surgery department at Schulthess Clinic boasts a wealth of experience and is a leading player on the international stage.
Close cooperation with the various teams of physicians and therapists ensures that the care received by patients is both holistic and tailored to the individual. In this case, the department often takes on the role of diagnosis and therapy coordination point for the various specialist areas. Consultation with the Rheumatology team assesses the situation competently and comprehensively, in particular for patients suffering from multiple problems of the musculoskeletal system. This means that recommendations for possible further assessments can be made and conservative treatment options suggested.

Ultrasound imaging provides a further method of investigation that allows additional fine-tuning of the medical diagnosis.
Manual medicine has a long tradition in Switzerland and over the last decades is also firmly anchored at Schulthess Clinic. The range of services offered by the Manual Medicine department includes the treatment of problems affecting the spinal column and conditions of the peripheral joints such as the neck, shoulder, elbow, hand, hip, knee, and foot. Specific forms of manipulation relieve pain and promote the patient’s health. Close collaboration with other specialist areas is unique and something that our patients benefit from. Manual treatments not only aim to release blocked joints, but also take the associated muscles and nerves into account during therapy.
Schulthess Clinic has been providing specialist reports for outpatients and medical expert opinions for many years. In addition to the established experts of a specialist orthopaedic clinic, neurology, rheumatology and psychiatry number among the clinic’s key areas. These experts are characterised by the fact that they continue to be closely involved in everyday clinical practice, which means that their level of knowledge is up-to-date. The clinic’s standard interdisciplinary working method represents a decisive advantage when providing complex expert opinions (interdisciplinary specialist reports) that require cooperation with various specialist disciplines. In addition to guaranteeing a high level of specialist competence, it is also important to us that the task is completed in a timely manner.
Since 1987, the Neurology department at Schulthess Clinic has been continuously expanded and augmented by specialist neurologists. This makes the department one of the largest neurology institutes for outpatients, which offers the full range of neurological treatments. Many years of close interdisciplinary cooperation with orthopaedic specialists have resulted in extraordinary competence when investigating, evaluating and treating complex conditions of the spinal column and extremities. The results of the investigations are discussed in joint consultations for both clinic inpatients and externally referred patients such that the most promising conservative and/or surgical treatment measures are recommended and explained to the patient.
Spine Surgery and Neurosurgery

«Exceptionally difficult operations at the highest level»

The specialist Spine Surgery and Neurosurgery team focuses exclusively on treating spinal conditions and injuries. The department covers the whole spectrum of conservative treatments and surgery. The department is closely associated with the Neurology department. This allows extremely specific assessments to be made and, if required, infiltration treatments for managing pain to be initiated. Tumour surgery in and around the spine comprises a key area of neurosurgical spine surgery. Correcting complex scolioses is a particular focus of spinal orthopaedics. Minimally invasive spinal interventions also form an important component of the treatment spectrum.
The Sports Medicine team specialises in acute and chronic injuries of the entire musculoskeletal system as well as conditions caused by overexertion in the field of sports medicine. The services we offer are aimed at elite athletes, ambitious recreational athletes and those who would like to start practising sport again. The aim is – following diagnosis – to establish, together with the patient, an individual plan to achieve pain-free sport and to provide support on that journey. In this process, the Sports Medicine department relies on a close and well-established network in the fields of sports medicine, performance-physiology and sports therapy, and also offers treatments such as condition-specific shockwave therapy and infiltration therapy. Through close cooperation with the various in-house teams from the Orthopaedics, Rheumatology and Neurology departments, it is possible to offer prompt multidisciplinary treatment for the most varied conditions and injuries all in the same place.
The Paediatric Orthopaedics department places great emphasis on personalised and child-oriented care for both in- and outpatient cases. The focus is on preventive measures and persisting with proven conservative treatment procedures as well as minimally invasive surgical therapies wherever possible. Particular key areas include club foot treatment using the Ponseti method and computer-aided leg extension. Interdisciplinary collaboration with the specialist departments at Schulthess Clinic ensures the highest standards are maintained, even when treating the most complex cases.
In accordance with the motto «We keep you moving», our therapists look after patients during the rehabilitation period and during targeted injury prevention. In addition to post-surgical care, we also offer conservative and outpatient treatments. For therapy to be as successful as possible, multidisciplinary cooperation between the specialist Physiotherapy, Ergotherapy and Sports Therapy teams and the interdisciplinary exchange between specialist physicians are of decisive significance. These interactions among various experts mean that the patient’s individual potential for movement can be identified and specifically optimised. With Schulthess Training, a medical training centre that is accessible to everyone, we also offer our clients the support they need to practice sport with the aim of improving health or improving performance.
The Research and Development department plays an essential role in supporting the clinical activities of Schulthess Clinic. The department’s research and development activities make it possible for Schulthess Clinic to maintain its status as a centre of excellence in the treatment of disorders of the musculoskeletal system. The department is divided into four main areas of research: Spine Surgery and Neurosurgery; Upper Extremity Orthopaedics and Hand Surgery; Lower Extremity Orthopaedics; and the FIFA Medical Assessment and Research Centre (F-MARC). The main focus of research in each of the four subdivisions and the ongoing projects reflect the wide range of research interests, the quality of which is emphasised repeatedly through numerous prizes and awards.

“Medical professionals from around the world should be able to benefit from our insights”

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founded in 1883
converted to a non-profit foundation in 1935
over 850 employees (about 650 full-time positions)
180 beds
accepts patients with basic and supplementary health insurance
CHF 180 million turnover
20,000 interventions each year
9,000 operations each year
chief physician clinic with various training commitments