



Klinik Möhnesee

Psychosomatic and cardiologic rehabilitation

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Klinik Möhnesee has 16 double and 168 single bedrooms, partly handicapped accessible. All rooms are of hotel comfort en suite, telephone, balcony and TV. Our guests may use the internal coffee-shop, indoor swimming-pool, gym, sauna, hairdresser, pedicure, snooker, public internet and various other leisure facilities and meeting points.

We attach great importance to manifold leisure facilities and an individual care and service by your on-the-spot contact, to be able to react promptly to your personal needs.

Of course, upon agreement it is possible to take in children or adult companions. Attractive and constitutional facilities pertain to our standard as well as child care in our own crèche.

General informationen:

Klinik Möhnesee is located in Körbecke, directly at the North banks of lake Möhne, the biggest contiguous surface of water in North Rhine-Westphalia. The clinic's location is convenient: The Ruhr Basin is only a few kilometres away, excellent connections to highways make the clinic easily reachable. Your destination airport Paderborn-Lippstadt is only 50 km away. Of course, if required we would be glad to help you in organising your transfer to our clinic.

Quality management:

- certified to DIN ISO EN 9001
- structure quality certified by DGPR
- member of the German Net of Constitutional Clinics

Contact person:

In case you would like to have more detailed information, please contact our reception, direct dialling +49 (29 24) 8 00-0.

We are at your disposal at any time.





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Psychosomatic and cardiologic rehabilitation

Indication:

Main focus treatments psychosomatic section

- state of anxiety, anankasm, depression
- stress reactions, adaptation problems, distress syndromes
- affective disorders
- eating disorders: Anorexia, bulimia, adiposity
- psychopathy
- psychosomatic disorder of all apparatus: particularly gastrointestinal, cardiovascular
- coping with somatic disease
- physical state of exhaustion
- unseizable addictions (gambling, computer or internet)



Main focus treatments of the cardiologic section are cardiovascular and vascular disease, like:

- all stadiums of coronary cardiac problems: first and second infarction, after bypass operation
- valvular defect, after valvular surgery
- myocardial infarction
- cardiac insufficiency
- cardiac arrhythmia
- peripheral arterial obliteration
- cardiovascular risks



Our Therapies:

- medicinal adjustment
- relaxation training
- graduated sports and active exercise therapy
- workout programmes (controlled endurance training, like Walking and Jogging, machine supported muscle development)
- water-gym and aqua-fitness in various performance-related groups
- water-Shiatsu in groups or individually
- physical therapy
- acupuncture
- dance therapy
- depth psychology and behaviour therapy individually or in group
- coaching offers: Motivation, self-assertion
- psychological advice
- social and vocational counselling, incl. stress tests
- nutritionist counselling
- lectures on health promotion and cultivation

