

Office for Occupational Therapy

IGeL-Services

We offer by request many additional services, that are not included in the health insurance service catalog. These individual health services (IGeL-Leistungen) offer added value to Occupational Therapy. We would like to speak about the costs in person.

- **Relaxation techniques for muscle tension, sleep disorders, stress symptoms ...**
 - **General training on how to handle your resources properly**
 - **Trigger Point Therapy and Kinesio-Taping**
 - **Various massage techniques:**
 - Classic massage
 - Honey therapy
 - Cupping massage
 - Scar reduction
 - **Tension headache treatment or migraine therapy**
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Kinesio-Taping

The Kinesio-Tape-method was developed 25 years ago by the chiropractor and kinesiologist Dr. Kenzo Kase. At the end of the nineties Kinesio-Taping reached many sectors of general medical practice through performance sports.

Kinesio-Taping is not restricted exclusively to muscle and joint pains, it also offers effective therapy without surgery and pharmaceuticals for a multitude of diseases. That applies equally for migraine therapy, edema treatment or menstrual disorders as well as injury support and prevention in recreation and performance sports.

Effects of Tapings:

- Improvement of muscular function
 - Reduction of circulatory disorders and diseases of the lymphatic system
 - Pain reduction
 - Support of natural joint function
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Cupping

Cupping is a traditional detoxification method and belongs to the oldest health care methods in the world. Approved a long time ago in traditional medicine, it is a basic element in alternative forms of therapy today. It supports blood circulation, serves to purge and support detoxification, encourages self-healing powers, releases muscle tension and physical blockages, as well as relieving pain.

Uses for cupping therapy:

- Painful muscle tensions and spinal diseases
- Low blood pressure, functional disorders of the heart and other organs
- Migraine
- Rheumatic disease
- Dizziness
- Cellulite