



**EUROPEAN KNEE  
ARTHROFIBROSIS  
CENTER**

E-mail: [info@eukafcenter.ch](mailto:info@eukafcenter.ch) - website: [www.eukafcenter.ch](http://www.eukafcenter.ch)

## WHERE TO FIND US?



### **LUGANO**

Via Balestra 11, 6900 Lugano  
+41 91 744 64 56  
[lugano@sportsrehab.ch](mailto:lugano@sportsrehab.ch)  
Mon-Fri 7:00 am - 08:30 pm  
Sat: 7:30 am - 1:30 pm  
Sun: closed

### **BELLINZONA**

Via del Carmagnola 1, 6517 Bellinzona  
+41 91 744 64 56  
[bellinzona@sportsrehab.ch](mailto:bellinzona@sportsrehab.ch)  
Mon - Fri 7:30 am - 08:00 pm  
Sat-Sun: closed

## HOW TO GET TO US?



**MALPENSA (MXP) - LUGANO STATION**  
Direct train (SBB), approx 1.40 h

**MALPENSA (MXP) - BELLINZONA STATION**  
Direct train (SBB), approx 2.00 h

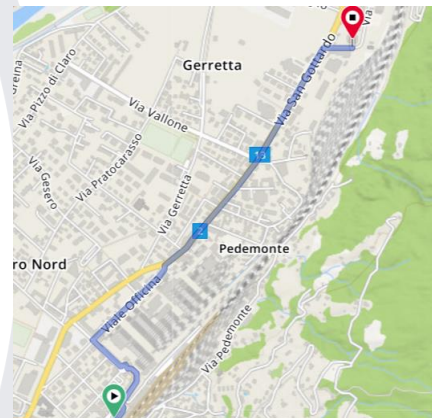
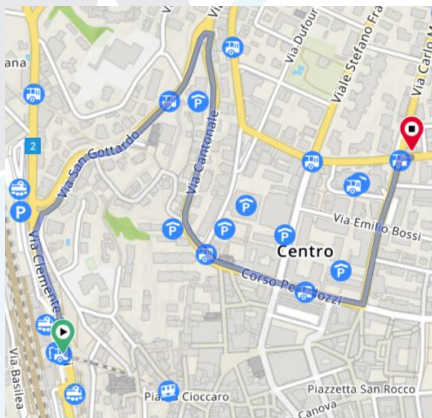
**ZURICH AIRPORT (ZRH) - LUGANO STATION**  
Direct train (SBB), approx 2.00 h

**ZURICH AIRPORT (ZRH) - BELLINZONA STATION**  
Direct train (SBB), approx 1.40 h



**LUGANO STATION - SPORTS REHAB**  
TPL Bus 5-7-S (Autosilo stop)  
ARL Bus 441-461-462 (Autosilo stop)

**BELLINZONA STATION - SPORTS REHAB**  
TPB Bus N° 3-1 (Al Maglio stop)  
Post Bus 214-22 (Al Maglio stop)



Parking: use the Balestra car park  
just a few mt from our PT clinic

Parking: in front of our  
clinic reserved to our patients

## CARE & SPECIALIZED PHYSICAL THERAPY



Telehealth/video call service for case assessment and prescription of any exam/imaging before the on-site in-person clinical evaluation

On-site clinical evaluation with specialized physical therapist and/or orthopaedic specialist

On-site diagnostic imaging (if necessary - X-rays, TC scan, MRI, bone scans, blood tests, etc.)

Specialized physical therapy for knee arthrofibrosis (non-surgical approach when indicated)

## SURGERY & POST-OPERATIVE REHABILITATION



Specialized pre- and post-operative physical therapy for knee arthrofibrosis

Specialized surgery for knee arthrofibrosis

Pain management of the complex cases

Assistance and home-care/nursing (if needed)

Rental of specific devices along the rehabilitation process (on site / after returning home) such as cryocompression, knee flexion/extension recovery devices, CPM, etc.

Post-operative follow-up visits with the orthopaedic specialist during the on-site stay

Follow-up in our knee arthrofibrosis clinic

Assistance via Telehealth and/or periodic evaluations with the physical therapist and/or the orthopaedic specialist after your return home

## HOUSING

### LUGANO



**Hotel Ceresio** - Via Balestra 19 6900 Lugano, +41 91 9231044, [info@hotelceresio.ch](mailto:info@hotelceresio.ch)

**EasyLife Swiss** - [easylife-swiss.ch](http://easylife-swiss.ch), +41 76 4363621, [info@easylife-swiss.ch](mailto:info@easylife-swiss.ch)

**City Pop Lugano** (4 wks minimum stay) - [www.citypop.com](http://www.citypop.com) (booking through the app only)

**Apartment** - Via Crivelli Torricelli 15, +41 78 6255052, [alessandratiberti@libero.it](mailto:alessandratiberti@libero.it)

**Locanda della Masseria** - Via Trevano 2, Porza, +41 91 9410909, [rooms@locandadellamasseria.ch](mailto:rooms@locandadellamasseria.ch)

- single room: 110-130 CHF (room fares vary within this range by the season\*)
- double room: 140-160 CHF (room fares vary within this range by the season\*)

\* discounts for EUKAF patients: 5% (4-7 days), 10% (8-15 days), 15% (16-23 days), 20 % (> 24 days)

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If in need of help, we can provide assistance in the traveling organization, along your stay, and to plan the steps to be taken.

### EUKAF contacts:

Tel: +41 91 744 64 56

E-mail: [info@eukafcenter.ch](mailto:info@eukafcenter.ch)

Website: [www.eukafcenter.ch](http://www.eukafcenter.ch)