



EUROPEAN KNEE
ARTHROFIBROSIS
CENTER

PATIENT'S SERVICES GUIDE

An integrated approach to Knee Arthrofibrosis Care



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www.eukafcenter.ch

An integrated approach to Knee Arthrofibrosis Care

The European Knee Arthrofibrosis Center, situated in the heart of Europe, serves as a reference point for all patients affected by knee stiffness, particularly those with arthrofibrosis. **Our services include:**



Physical Therapy



Home Care



Orthopaedic Surgery



Telehealth



Diagnostic Imaging



Nutrition



Pain Management

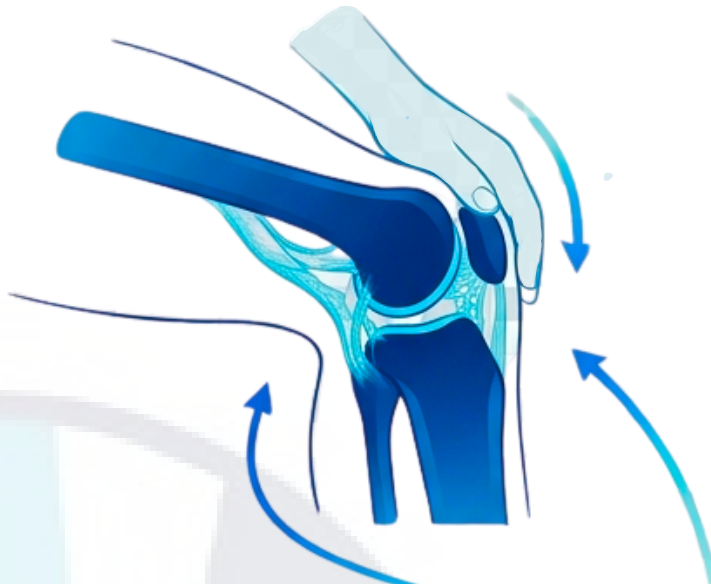


Psychological Support

Physical Therapy

Arthrofibrosis rehabilitation is based on the principle of avoiding further harm, as aggressive treatments may worsen fibrosis. Management requires a **multidisciplinary approach** involving physical therapy, medical care, nutrition, and psychological support. Treatment combines medication with gradual, controlled exercise, passive techniques, and devices to improve range of motion and muscle strength without overloading the joint. Lifestyle factors such as sleep and anti-inflammatory nutrition are also important, while surgery remains a last option.

Rehabilitation must be gentle and progressive, never forcing improvement or exceeding pain limits. Early goals focus on restoring joint balance and knee extension, followed by cautious recovery of flexion and muscle mass. Crutches are recommended initially, with gradual weight-bearing. Continuous passive motion helps prevent adhesions, while blood flow restriction should be used only later and with caution.



Orthopaedic Surgery

Our center works closely with **orthopaedic surgeons** specialized in arthrofibrosis, within a multidisciplinary framework where rehabilitation is always the first-line approach and surgery is considered only if conservative treatment fails. Decisions are made collaboratively between physical therapists, surgeons and the patient.

When surgery is necessary, a **minimally invasive approach** is preferred, focusing on selective lysis of adhesions while preserving tissue.

Key principles include careful bleeding control, avoiding excessive tissue damage, limiting the use of tourniquets to prevent hypoxia, and using nerve blocks to reduce pain and enable early passive motion with CPM.

Diagnostic Imaging

Our center relies on a network of structures to provide a complete service to the patient. The specific **diagnostic imaging service** for arthrofibrosis is available with X-rays, CT scan, bone scan and 3 Tesla magnetic resonance, depending on specific needs. An accurate and sensitive imaging method is needed to better diagnose arthrofibrosis by identifying the affected tissues.

Along with imaging, tests for inflammation and for infection may be helpful. Following a diagnosis of arthrofibrosis, there should be a determination of **the degree of inflammation present**, but traditional inflammatory markers such as CRP and ESR are not sensitive enough in arthrofibrosis. Where indicated, an inflammatory cytokine panel blood test is useful to guide treatment.

In case of a previous injury or surgical procedure it is important to test the synovial fluid in the affected joint and/or conduct a special scintigraphy to rule out an infection.



Pain Management

Our studio collaborates with **pain management** specialists to support patients before and after surgery, using approaches such as medications, nerve blocks and targeted anesthetic delivery. Early diagnosis by a **rheumatologist** is essential, as effective pain control plays a key role in managing the interaction between the nervous and immune systems. Inflammatory conditions may involve systemic factors that require treatment, and patients with autoimmune diseases (including diabetes) face a higher risk of complications like arthrofibrosis. **Early postoperative care** to reduce inflammation can help prevent chronic issues, while good sleep, proper nutrition and stress management remain fundamental for recovery.

Home Care

The Home Care service is designed to provide patients with dedicated support within their **domestic environment**, ensuring continuity of care beyond the clinical setting. This service assists individuals in managing everyday activities that may be challenging during recovery, promoting safety, comfort, and autonomy. By offering tailored assistance based on each **patient's specific needs** and functional limitations, this service aims to facilitate a smoother rehabilitation process and enhance overall quality of life during all phases of recovery. Indeed, this individualized support is designed to respond flexibly to the evolving needs of each patient throughout the recovery process, helping to minimize potential difficulties and promote a safe and stable home environment. By integrating seamlessly with the patient's rehabilitation pathway, Home Care fosters a supportive environment that encourages gradual functional improvement while preserving **dignity and independence**.



Telehealth

The European Knee Arthrofibrosis Center offers Telehealth services to enable **remote evaluation** and management of **patients worldwide**, reducing the need for travel. Initial online consultations help determine whether further diagnostic tests are required before planning any in-person visit.

Face-to-face assessments are scheduled only when necessary, with on-site imaging available if needed. **Telehealth** also supports ongoing care, including post-surgical rehabilitation, coordination with local physical therapists, guidance for patients treated elsewhere and supervision of those unable to travel but requiring specialized rehabilitation.

Functional Nutrition & Supplementation

Nutrition can be a **powerful tool** to support recovery from arthrofibrosis by helping reduce inflammation, pain, and fatigue. A low-carbohydrate or ketogenic approach can stabilize energy levels, support the nervous system, and improve muscle function. The focus is on prioritizing protein and healthy fats while keeping carbohydrates under control, which also helps reduce inflammation and support overall metabolic balance. **Recommended foods** include meat, fish, eggs, healthy fats such as olive oil, ghee, and fatty fish, low-carbohydrate vegetables, and small amounts of fruit, mainly berries. Foods to limit include sugars, refined carbohydrates, processed items, grains, legumes, and dairy if not well tolerated.

This nutritional approach works alongside rehabilitation to address the mechanisms behind chronic pain, helping patients maintain energy, support their muscles and nervous system and promote a more sustainable recovery.



Psychological Support Program

Arthrofibrosis recovery is often long and challenging, affecting not only physical function but also emotional, psychological, and relational well-being. Persistent pain, limited mobility, and slow progress can lead to frustration, fatigue, and reduced confidence in recovery. **Psychological support** is therefore a key part of care, helping patients manage emotional challenges, maintain motivation, cope with pain and uncertainty, and develop a **balanced relationship** with their body and rehabilitation pace. Support is also extended to caregivers, helping them handle the emotional demands of assisting a patient. Integrated into the overall care pathway, psychological services **work alongside** medical and rehabilitation teams to foster awareness, resilience and confidence.

Where to find us?

Our main clinic

c/o Sports Rehab Lugano Balestra



Via Balestra, 11 - Lugano

Mon - Fri → 7:00 am - 8:30 pm

Sat → 7:30 am - 3:30 pm

Sun → closed

How to get to our main clinic?



Malpensa (MXP) - Lugano station

Direct train (SBB), approx. 1.40h

Zurich airport (ZRH) - Lugano station

Direct train (SBB), approx. 2.00h



Lugano station - Sports Rehab

TPL Bus 5-7-S (Autosilo stop); ARL Bus 441 - 461 - 462 (Autosilo stop)



Parking

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



Other locations

c/o Sports Rehab **Bellinzona**, Via del Carmagnola 1

c/o Sports Rehab **Lugano Moncucco**, Via Moncucco 7

c/o Sports Rehab **Mendrisio**, Via Moree 16

Contact us



info@eukafcenter.ch



+41 91 744 64 56
(all-in-one number)



Where to stay?

Hotel Ceresio - Via Balestra 16, Lugano 6900
+41 91 9231044, info@hotelceresio.ch

EasyLife Swiss - easylife-swiss.ch
+41 76 4363621, info@easylife-swiss.ch

City Pop Lugano (4 weeks minimum stay)
www.citypop.com (booking through the app only)

Apartment - Via Crivelli Torricelli 15, Lugano 6900
+41 78 6255052, alessandratiberti@libero.it

Locanda della Masseria - Via Trevano 2, Porza
+41 91 9410909, rooms@locandadellamasseria.ch
* discounts for EUKAF patients: 5% (4-7 days), 10% (8-15 days), 15% (16-23 days), 20 % (> 24 days)

Apartments/rooms rentals from private owners
www.tutti.ch

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



Things to do



Explore Lugano

- Piazza Riforma - the city's main square, surrounded by cafés and restaurants
- Parco Ciani - lakefront park
- Cathedral of San Lorenzo - Via Borghetto, 1
- LAC (Lugano Arte e Cultura) - Piazza Bernardino Luini, 6

If you have more time

- Monte San Salvatore - funicular from Paradiso
- Swissminiatur - Via Cantonale 13, Melide
- Boat tour on Lugano lake: www.lakelugano.ch



Restaurants

Nearby our main clinic

- Casa Emilia - Via Serafino Balestra, 20
- Niki's Caffè & Bistrot - Via Serafino Balestra, 12
- Al Bicerin Lugano - Corso Elvezia, 16
- Ristorante Pescheria Belvga - Via G. B. Pioda, 4
- Pane e Pomodoro - Quartiere Maghetti, 10
- DILO'S Lugano & Bar (International menu) - Via Serafino Balestra, 31

Others

- La cucina di Alice - Riva Vincenzo Vela, 4
- Ristorante Anacapri - Via Clemente Maraini
- Anema e Core - Via Pietro Capelli 2, Viganello



Practical

- Farmacia Chimica Internazionale - Via Serafino Balestra, 22B
- Migros supermarket - Via Pretorio, 15
- MANOR Lugano - Salita M. e A. Chiattono, 10