

„Therapy achievements are also possible in late rehabilitation“

In conversation with Ambulanticum founder Dr. Bernhard Krahl



The history of **AMBULANTICUM**® and the history of Dr. Bernhard Krahl is one and the same. It was the severe illness of the present director and his path back into life which led to the founding of the worldwide first, out-patient based neurological rehabilitation centre.

A conversation about the origins, goals, and distinctions of the exemplary institution:

Why is an institution such as AMBULANTICUM® so important?

Dr. Bernhard Krahl: „The health care system in Germany is consistently oriented towards acute and early intervention. In this regard, we are close to optimally established. On the contrary, the rehabilitation and accompanying out-patient based aftercare, specifically in relation to neurological illnesses, is criminally neglected. Sometimes I get the impression that emphasis is placed on managing nursing care cases, instead of preventing them. But exactly that is the goal of **AMBULANTICUM**®. We augment tried and tested therapies with equipment supported and robotic assisted therapy methods with biofeedback in one location. We would like to give affected people and their caregivers the chance, as far as possible, to fight their way back into a self-determined life. Unnecessary nursing care cases are frequently prevented through our concept.

You yourself are the best example that this can succeed ...

Dr. Bernhard Krahl: „After my two cerebral infarctions the doctor’s prognosis was that of a ten percent chance of survival. After five months of early rehabilitation I was considered a severe chronic nursing care case. After a year I was officially rehabilitated to the furthest extent and was dependent on a wheelchair and continual assistance. I was not willing to resign myself to that. My partner, who runs **AMBULANTICUM**® with me, did intensive research into alternative rehab and therapy possibilities. Two years post stroke I trained on a Lokomat for the first time in Switzerland. This gait trainer was the beginning of my consequent treatment, as well as other device supported therapies, and the groundwork for my recovery. Today, I am able to participate in work and social life which no one anticipated at the start of my condition.

What is your recipe for success and how is that reflected in AMBULANTICUM®?

Dr. Bernhard Krahl: „I have a very strong will. It is important not to give up. Neurological conditions are tedious, the course of treatment is very intense, as well as draining. Nevertheless, therapeutic successes are possible even in late rehabilitation. To this day, modern robotic assisted therapy methods contribute towards consistent improvement of my condition and the maintenance of my ability to work. Scientific discoveries and new developments are continuously providing diverse possibilities in therapy. However, these need to be implemented and utilized in practice. That is our goal here at **AMBULANTICUM**®. We break new ground in order to make contemporary, holistic and individually tailored outpatient rehabilitation available to as many affected people as possible.

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