



# Dr. med. Alexa Schmied-Steinbach

Specialist in orthopaedic surgery and traumatology of the musculoskeletal system, member of the FMH

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## Languages

DE,EN,FR

## Education

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|-----------|---|
| 2021      | Certificate of competence in sonography of the musculoskeletal system, SGUM   |
| 2011      | Federal specialist title in orthopaedic surgery and traumatology of the musculoskeletal system  |
| 2010      | Dissertation: Femoral press-fit anchoring of tendon grafts for cruciate ligament reconstruction with an autologous bone block - a biomechanical study; under Prof. Dr A.B. Imhoff, Technical University of Munich, DE |
| 2008–2009 | Fellowship Orthopaedics and Trauma Surgery, Royal Infirmary University Hospital Edinburgh, UK (Prof Charles Court-Brown)  |
| 2006–2008 | Surgical Clinic, Cantonal Hospital Aarau (Prof Rolf Schlumpf)   |
| 2004–2006 | Orthopaedics Schulthess Clinic Zurich (Prof. Beat R. Simmen)  |
| 2003      | Degree in medicine from the University of Hamburg   |

## Work Experience

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|------------|---|
| since 2021 | Consultant for the shoulder/elbow team and attending physician at the Clinic for Orthopaedics and Traumatology at Winterthur Cantonal Hospital  |
| since 2021 | Self-employed in the joint practice Orthopädie Belair with attending physician activities at Privatklinik Belair Schaffhausen and Privatklinik Lindberg Winterthur, Privatklinik Bethanien Zurich |
| since 2017 | Head of Shoulder and Hip Consultation, Glatt Specialist Centre, Wallisellen   |
| since 2015 | Guest lecturer at Zurich University of Applied Sciences (ZHAW) Winterthur; Bachelor's degree programme in physiotherapy   |
| 2011–2021  | Senior Physician, Orthopaedics and Traumatology, Winterthur Cantonal Hospital (Dr Markus Pisan, PD Dr Peter Koch)   |
| 2013       | Nice Shoulder Fellowship in Arthroscopy and Arthroplasty, Centre hospitalier universitaire vaudois; Nice, FR (Prof. P. Boileau)   |
| 2010       | Associate Senior Physician, Orthopaedics, Winterthur Cantonal Hospital (Dr Markus Pisan)  |

## Memberships

Swiss Medical Association (FMH)  
Swiss Society for Orthopaedics and Traumatology (SGOT)  
Medical Association of the Canton of Zurich (AGZ)  
Medical Association of the Districts of Winterthur and Andelfingen (AWA)  
Cantonal Medical Society of Schaffhausen, in the admission process

## Competences

Arthroscopic surgery of the shoulder and elbow

Rotator cuff reconstructions

Operations for instability

Shoulder joint replacement (anatomical and inverse prosthetics)

Primary prosthetics and revision surgery of the hip using minimally invasive techniques

Conservative therapies for shoulder, elbow and hip joint disorders

ACP therapy (autologous blood therapy) for the treatment of arthrosis complaints and sports injuries

Sonographic diagnostics and therapy of the musculoskeletal system

## Accreditation

[Privatklinik Belair](#)

[Privatklinik Lindberg](#)

[Privatklinik Bethanien](#)

[Medizinisches Zentrum Haus zur Pyramide](#)

## Specialties

[Orthopaedic surgery](#)

[Shoulder surgery](#)

[Hip surgery](#)

[Frozen shoulder](#)

[Hip osteoarthritis](#)

[Hip impingement](#)

[Hip prosthesis](#)

[Calcific tendonitis of the shoulder](#)

[Osteoarthritis of the shoulder joint](#)

[Shoulder impingement](#)

[Shoulder dislocation](#)

[Shoulder prosthesis](#)

## Contact

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