



a unique place
exclusively for REHABILITATION



VALMONT

Clinique privée de réadaptation

SWISS MEDICAL NETWORK MEMBER

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Welcome to Clinique Valmont

Dear Madam/Sir,

Welcome to Clinique Valmont. For more than a century, our private medical facility has delivered nursing care excellence and peace of mind to our patients.

This tradition continues today with the delivery of specialty services: orthopaedic and neurological rehabilitation. Each day, our expert multidisciplinary team provides premium medical services with your safety and well-being at the center of its attention.

Set in a landscape of exceptional natural beauty with sweeping views of Lake Geneva and the Alps, Clinique Valmont spares no effort to reach a single objective: to restore your most valuable asset, your health.

We thank you for your confidence and wish you a most pleasant stay.

Marine Estrem

Director



About us

Founded in 1905 and renovated in 2013, Clinique Valmont is specialized in neurological and orthopedic rehabilitation. For more than a century, the clinic has been welcoming patients in a delightful natural setting with breathtaking views of Lake Geneva and the Alps. The experienced multidisciplinary team is composed of doctors, physiotherapists, occupational therapists, neuropsychologists, speech therapists, a dietician, as well as sports professionals. In 2005, Clinique Valmont joined Swiss Medical Network.

SWISS MEDICAL NETWORK

Swiss Medical Network is one of Switzerland's two leading private clinic groups. Our clinics provide first-class hospital treatment, care and assistance to patients from Switzerland and abroad. 2,020 doctors and 2,855 employees are currently working in our 22 clinics, located in all three of the country's main language regions. Our clinics count more than 1,000 beds and our doctors perform more than 50,000 surgeries a year. Swiss Medical Network is a wholly owned subsidiary of AEVIS VICTORIA SA, which is listed on the SIX Swiss Exchange.



ALTER G

Anti-Gravity Treadmill

Medical services

We are specialized in neurological, orthopedic and spinal pathologies rehabilitation. Our multidisciplinary team provides personalized therapies according to the pathology.

ORTHOPEDIC AND PERIPHERAL NERVOUS SYSTEM REHABILITATION

This type of rehabilitation concerns patients suffering from degenerative or inflammatory diseases of the bones, joints and spinal column. It is also used following fractures with or without the insertion of prosthetic implants.

PATHOLOGIES TREATED

Patients who have undergone orthopedic surgery

- Prosthetic surgery (hip, knee, shoulder replacement)
- Spine surgery

Inflammatory diseases

- Ankylosing spondylitis
- Rheumatoid arthritis

Pathologies dégénératives, non-opérées

- Knee, hip, shoulder
- Spine

NEUROLOGICAL REHABILITATION

Neurological rehabilitation programs are designed to restore the main motor and cognitive faculties for everyday living and to reduce the impact of handicaps.

PATHOLOGIES TREATED

- Parkinson's disease
- Alzheimer's disease and other cognitive and memory disorders
- Multiple sclerosis and inflammatory diseases
- Strokes
- Nervous system tumors
- Peripheral neuropathies
- Spinal cord diseases
- Myopathies
- Neurogenic pain



Key figures

10

Suites

60

Beds

137

Employees

6

Doctors

928

Admissions

42

Therapists

State of the figures: December 2022



Upon your arrival

ADMISSION MADE EASY

All the pre-admission procedures have already been completed. Simply come to our Welcome Desk at the time indicated on your confirmation of admission. We will show you around and help you to complete some minor paperwork.

YOUR HOME AWAY FROM HOME

A nurse will accompany you to your room and review its amenities with you. She will strive to satisfy any special requests you may have and ensure your accommodation meets your expectations. All private rooms at Clinique Valmont face south and overlook Lake Geneva.

FOR YOUR COMFORT AND WELL-BEING

If you are taking prescription medication, do not forget to bring your medicine for the first few days.

Please find below a list of necessary items to bring for your comfort, during your stay.

- Sportswear for both indoor and outdoor physical activities (shorts, tracksuit, T-shirt, pull-over etc.), comfortable shoes (gym shoes or sneakers)
- Swimsuit and shower shoes
- Underwear and socks for your entire stay
- Toiletry bag essentials

Towels, a bathrobe, slippers and a dressing gown are provided in your room.

ADDITIONAL SERVICES

To make your stay at Clinique Valmont as personalized and enjoyable as possible, you may wish to choose from one of the following options:

- A private room upgrade
- A junior suite upgrade
- A Deluxe floor room upgrade

Stay informed, communicate, read

PHONE

During your stay, you will be easily reachable in your room. A personal phone number will be assigned to you upon arrival, enabling you to receive incoming and make outgoing calls without leaving your room.

Call charges are based on the standard rate applicable in hotels in Switzerland. Outgoing calls will be recorded automatically and listed on your phone bill. On the day of your departure, your direct line will be de-activated around **8.00 am** so that we may prepare your final phone bill.

The Welcome Desk is accessible from your room by dialing **111**.

Mobile phones are allowed inside the clinic. However, to maintain a convivial atmosphere for all, we would be very grateful if you did not use them in the restaurant.

OTHER COMMUNICATION MEDIA

WiFi/Internet access for your laptop computer is available free of charge. An Internet terminal is available at the Library.

POSTAL MAIL

All postal mail addressed to you during your stay will be personally delivered on a daily basis. You may post letters and also purchase postcards and stamps at the Welcome Desk. If you are unable to leave your room, your nurse will post your correspondence for you.

RILKE LOUNGE

On the main floor, you will find a self-service library offering a wide range of fiction and non-fiction reading material. A large television is available to enjoy a night movie or live sports.

NEWSPAPERS

A selection of newspapers and magazines is available in the lounge.

If you would like to receive other daily newspapers or magazines, feel free to contact our Welcome Desk. These items will be delivered to you along with your mail. They will be added to your account and payable on the day of your departure.



Culinary delights



«CÔTÉ LAC» RESTAURANT

The “Côté Lac” restaurant welcomes you in a cozy and elegant atmosphere where you can enjoy the view over the Alps and Lake Geneva from your table! The Chef invites you to discover our culinary signature SAVEURS & ÉQUILIBRE. Your taste buds will be enchanted by this semi-gastronomic seasonal cuisine that is light, healthy and refined.

Thanks to its location, the restaurant is ideal for welcoming friends and family. If you wish to invite guests to lunch or dinner, please contact the Welcome Desk 24 hours in advance. All additional meals can be paid for directly at the restaurant or added to your final bill.

You may dine in your room or at the panoramic restaurant depending on your preferences or mobility.

Each day, our Chef and his team create varied and balanced meals taking into account medical recommendations.

Our dietician is at your disposal for any special special dietary requests.



TEA-ROOM

A selection of home-made pastries and freshly pressed fruit and vegetable juices is served in our Tea-Room, next to the restaurant.

MEAL TIMES

- Breakfast is served in your room from **7.30 am to 8.00 am**.
- Lunch is served in the restaurant from **12.00 pm to 1.30 pm**.
- Dinner is served in the restaurant from **6.00 pm to 7.30 pm**.
- The Tea-room is open from **8.00 am to 8.00 pm** and until **9.00 pm** during the summertime.

TERRACE

Thanks to a panoramic view of Lake Geneva and the Alps, our terrace is the ideal setting to enjoy your meals or cocktails.



Visitors welcome

JUST A FEW FLOWERS

It is customary for visitors to bring flowers. However, please note that flowers with a strong fragrance may adversely affect your treatment. For hygiene purposes, we do not allow potted or long-stemmed flowers in the rooms.

EASY PARKING

A private car park is reserved for visitors. Don't forget, your family and friends are welcome to come to Clinique Valmont during your stay.

VISITING HOURS

Our visiting hours are particularly flexible: in-room visits are allowed from 11.00 am to 7.30 pm, in the lounge until 9.00 pm.

For obvious reasons, visitors must not interfere with nursing care, treatment or physical activities, at any time (morning and afternoon).

THE PLEASURE OF DISCOVERY

In between visits, your friends and family members may want to explore the surrounding countryside on foot or by car. The Montreux area also offers a multitude of sports activities and cultural events. Visitors will no doubt delight in the culinary pleasures offered by some of the region's reputed gourmet establishments and take in the natural splendour of the land. Please ask our Welcome Desk for more information and suggestions.

MAN'S BEST FRIEND

Sorry, dogs or other pets are not allowed on our premises.



Feeling better all the time

TOBACCO AND HEALTH DO NOT MIX

Clinique Valmont is a non-smoking facility.

JUST A STROLL AWAY

The natural beauty of Clinique Valmont's surroundings is such that you will want to go for a walk and appreciate the countryside. For your safety, your doctor's permission is required prior to each outing. Please inform your nurse when you leave your room.

STAY BEAUTIFUL

A beautician, hairdresser and manicurist are available for our guests. Our Welcome Desk will give you the list of our services and make the appointments, at your convenience.

NESCENS COSMECEUTICALS

Enjoy the benefits of Nescens anti-aging cosmeceuticals through relaxing beauty treatments. A wide range of products are also available for purchase at the clinic. You will receive personalized advice from our team to find the best products adapted to your needs.



Other guest services

SAFEKEEPING JEWELLERY AND VALUABLES

In general, we recommend that you do not bring jewellery or valuables with you. Clinique Valmont shall not be held liable in the event of loss or theft. However, if you do wish to keep certain valuables with you, a safety deposit box is available in your room or at our Welcome Desk.

DAILY PURCHASES MADE EASY

There is no need to carry cash. Extras such as beverages, stamps, newspapers, guest lunches or dinners may be charged to your account and paid for when you are discharged.

A STAY FOR TWO

If you want to be accompanied by a loved one during your stay, the clinic offers a package including accommodation, catering and access to the pool and gym.

SOOTHING THE SOUL

Ask your nurse if you wish a spiritual presence during your stay.

LAUNDRY

Housekeeping will provide you with detailed information about laundry services, linens, towels, bathrobes, as well as requests for personal hygiene items.

Our laundry service will return your garments to you within 48 hours. These services are charged directly to your account.



It's time to say goodbye

When you receive patient discharge authorization by your doctor, our nursing staff will give you a Discharge Information form.

We kindly ask you to vacate your room by **10:00 am on the day of your departure**. If you have a late departure, we will gladly keep your luggage at the Welcome Desk. Before departure, please remember to pay for your extras at the Welcome Desk. You can pay by cash or card.

Please feel free to express your opinion and impressions via our Satisfaction Questionnaire and to make suggestions so that we may continue to improve our patient and guest services.

YOUR RETURN HOME

Our liaison nurse is the reference person for the organization of a confident homecoming.

Our Welcome Desk is also at your disposal to call a taxi, inquire about train schedules or confirm your flight reservation.



Access



GETTING TO CLINIQUE VALMONT BY TRAIN

From the Montreux CFF station, take the train to Les Rochers de Naye (in the direction of Les Rochers de Naye) and exit at Valmont station.

Follow the signs to Clinique Valmont, 100 m from the station.

BY CAR

Motorway exit Montreux, then follow signs for Glion/Caux. In Glion, turn right at the 2nd street after the hotel school.

Proceed 1 km to the designated car park.

Reception

Tel. +41 21 962 35 35 - Fax +41 21 962 37 37
rcpvalmont@cliniquevalmont.ch

Admissions

Tel. +41 21 962 37 40 - Fax +41 21 962 39 39



You can use the QR-Code to access the clinic via Google Maps.

NOTES

Clinique Valmont · Route de Valmont · CH-1823 Glion sur Montreux · Tel. +41 21 962 35 35 · www.cliniquevalmont.ch



You can use the QR-Code to find out more about Clinique Valmont.