SWISS MEDICAL NETWORK



Dr. med. Alexa Schmied-Steinbach

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

Languages

DE,EN,FR

Education

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

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 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

Orthopädie Belair
Rietstrasse 30
8200 Schaffhausen

T +41 52 630 50 60
alexa.schmied@hin.ch
https://www.orthopaedie-belair.ch

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