



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 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

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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