



dr franz birkholtz
ORTHOPAEDIC SURGEON

HEALTHCARE | EXPERIENCE | INNOVATION

COSMETIC
LIMB
LENGTHENING
PRICING INFORMATION

PRICE LIST

FEMUR PACKAGES



STANDARD FITBONE PACKAGE

R1 260 000

Our Fitbone Limb Lengthening Package is a fully inclusive, end-to-end programme covering every aspect of your journey. It includes an in-person consultation, all surgical fees, two **FITBONE** femoral nails, and prophylactic soft-tissue releases, along with a full hospital stay. Recovery is supported by **4 months at Ascend Recovery** with accommodation, meals, supplements, and a dedicated support team, plus **90 physiotherapy sessions**, all **medication** for the first 6 weeks, and **8 bi-weekly follow-ups** with Dr Birkholtz. The package also covers mobility aids, airport transfers, visa assistance, and multidisciplinary team care, allowing you to focus entirely on a safe, structured, and confident recovery.

TROCHANTERIC FITBONE PACKAGE

R1 370 000

Our Trochanteric Fitbone Lengthening Package is a fully inclusive programme tailored to femoral lengthening via a **trochanteric entry approach** using the Fitbone system. It includes an in-person consultation, all surgical fees, two **FITBONE** femoral nails, prophylactic soft-tissue releases, and a full hospital stay. Recovery is supported by **4 months at Ascend Recovery** with accommodation, meals, supplements, and a dedicated support team, as well as **90 physiotherapy sessions**, all **medication** for the first 6 weeks, and **8 bi-weekly follow-ups** with Dr Birkholtz. Mobility aids, airport transfers, visa assistance, and multidisciplinary team care are all included to ensure a smooth, supported recovery.

PRECICE PACKAGE

R1 370 000

Our Precice Limb Lengthening Package is a fully inclusive, end-to-end programme designed to support you through every stage of femoral lengthening. This package includes an in-person consultation, all surgical fees, two **PRECICE** nails, prophylactic soft-tissue releases, and a full hospital stay. Recovery is comprehensively supported with **4 months at Ascend Recovery**, covering accommodation, meals, supplements, and a dedicated support team, alongside **90 physiotherapy sessions**, all **medication** for the first 6 weeks, and **8 bi-weekly follow-ups** with Dr Birkholtz. The package also includes mobility aids, airport transfers, visa assistance, and multidisciplinary team care, allowing you to focus fully on a safe, structured, and confident recovery.

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PRICE LIST

TIBIA PACKAGES



FITBONE PACKAGE

R1 300 000

Our Fitbone Tibial Lengthening Package is a fully inclusive programme designed to support you through every stage of bilateral tibial lengthening using the Fitbone system. It includes an in-person consultation, all surgical fees, and two **FITBONE** nails for the tibias, along with a full hospital stay. Your recovery is comprehensively supported with **4 months at Ascend Recovery**, covering accommodation, meals, supplements, and a dedicated support team, as well as **90 physiotherapy sessions**, all **medication** for the first 6 weeks, and **8 bi-weekly follow-up visits** with Dr Birkholtz. The package also includes mobility aids (crutches, walker, wheelchair), airport transfers, visa assistance, and multidisciplinary team support, allowing you to focus fully on a safe, structured, and confident recovery.

PRECICE PACKAGE

R1 400 000

Our Precice Tibial Lengthening Package offers a complete, carefully coordinated pathway for bilateral tibial lengthening with the Precice system. The programme begins with an in-person consultation and covers all surgical costs, including two **PRECICE** tibial nails, as well as a full hospital stay. Postoperatively, you are supported with **4 months at Ascend Recovery**, providing accommodation, meals, supplements, and an experienced support team. Your rehabilitation includes **90 physiotherapy sessions**, all required **medication** for the first 6 weeks, and **8 scheduled bi-weekly visits** with Dr Birkholtz. To ensure a smooth experience, the package also provides mobility aids, airport transfers, and visa assistance, allowing you to focus entirely on recovery, progress, and optimal outcomes.

LON PACKAGE

R1 000 000

Our Lengthening Over Nail (LON) Package provides a structured and fully supported approach to limb lengthening that combines external fixation with internal nail stabilisation. The process begins with an in-person consultation and includes all surgical fees, two **EXTERNAL FIXATORS** and two **INTERNAL NAILS**, and a full hospital stay. Recovery is supported with **4 months at Ascend Recovery**, offering accommodation, meals, supplements, and a dedicated support team, alongside **90 physiotherapy sessions**, all **medication** for the first 6 weeks, and **8 bi-weekly follow-up visits** with Dr Birkholtz. The package also includes mobility aids, airport transfers, and visa assistance, ensuring a well-supported, safe, and carefully monitored lengthening journey.



PRICE LIST

HUMERUS PACKAGES



FITBONE PACKAGE

R1 160 000

Our Fitbone Humerus Lengthening Package is a comprehensive, fully supported programme designed for upper-arm lengthening using the Fitbone system. It begins with an in-person consultation and includes all surgical fees, two **FITBONE** nails, and a full hospital stay. Your recovery is supported with **3 months at Ascend Recovery**, providing accommodation, meals, supplements, and a dedicated support team, along with **physiotherapy** and **occupational therapy** sessions, all medication for the first 6 weeks, and **6 bi-weekly follow-up visits** with Dr Birkholtz. The package also covers support aids as required, airport transfers, and visa assistance, ensuring a smooth, carefully monitored recovery focused on restoring function and confidence.

LRS PACKAGE

R855 000

Our Bilateral Humerus Lengthening with LRS Package is a complete, fully supported pathway for upper-arm lengthening using the Limb Reconstruction System (LRS). It starts with an in-person consultation and includes all surgical fees, two **EXTERNAL FIXATORS**, and a full hospital stay. Postoperative care is provided with **3 months at Ascend Recovery**, covering accommodation, meals, supplements, and a dedicated support team, alongside **physiotherapy** and **occupational therapy** sessions, all **medication** for the first 6 weeks, and **6 bi-weekly follow-ups** with Dr Birkholtz. The package also ensures support aids, airport transfers, and visa assistance, giving you a safe, structured, and closely monitored environment for optimal recovery and functional improvement.