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FC Schalke 04
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Experience report from Dr. Rarreck, FC Schalke 04, Germany on PalmLaser

We have been using PalmLaser since summer 2004 as an adjunct therapy to nearly all medical and physiotherapy procedures undertaken on our players.

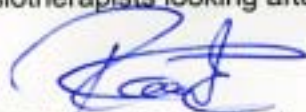
Below are examples of some most common indications that in our experience benefit greatly from the accelerated healing achieved with PalmLaser therapy:

- distortions
- muscle fibre ruptures
- ligament injuries
- internal knee ligament injury
- lesions of the capsula ligament of the ankle joint (ankle joint distortions)
- contusion (bruising of skin and underlying tissues)
- wounds, such as abrasions, laceration and sutures (over sutures)
- bursitis, especially shoulder bursitis
- epicondylitis - typical goalkeeper injury
- archilles tendon injuries
- adduction movement disorders
- jumper's knee
- after surgery

We found PalmLaser very safe, simple to operate and easy to use. Often the players can treat themselves, thus saving my valuable time. In a squad of 30 players with an average of 10 treatments required per day, players' treatment self-efficacy allows me to focus on other important work. The players like to use PalmLaser and do not object to self-treatments, whenever these are feasible or practical.

For acute injuries we use PalmLaser immediately or as soon as possible after the injuries were sustained. We even use PalmLaser on the coach, when returning from games. We found that the compact design of PalmLaser is very beneficial in terms of its practicality, mobility and overall usability as we are able to carry PalmLaser with us to all matches, even those played far away from our home base.

Based on my positive experience, I am most happy to recommend PalmLaser to doctors and physiotherapists looking after professional and amateur sports teams.



Dr. med. Thorsten Rarreck
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