

**Interview with
Dr. Thorsten Rarreck
on April 25th 2008
subject: PalmLaser**



Dr Thorsten Rarreck is a medical practitioner specialising in orthopaedics. Dr Rarreck was born on September 2nd, 1964. He is married and has 3 children. Dr Rarreck has been a medical practitioner since 1990. Currently, he is running a very successful orthopaedic medical practice in medicos in AufSchalke (www.medicos-aufschalke.de).



Dr Rarreck's team is highly competent in delivering holistically oriented therapy, whilst also focusing on individually tailored treatments in a friendly and convenient atmosphere.

Since June 2004, Dr Rarreck has been using laser phototherapy devices from MedSolution. MedSolution lasers were particularly invaluable during Dr Rarreck's time with FC Schalke 04, where he treated acute injuries and performed rehabilitative treatments.

We are grateful that despite his full appointment diary, Dr Rarreck made time to talk to us about his experiences with PalmLaser:

Dr Rarreck – from 1998 to June 2007 you were the team doctor looking after the players of FC Schalke 04. Which type of sports injuries were sustained most often?

Amongst the most frequently seen injuries were muscle distortions, muscle fibre ruptures, capsula band lesions of the upper ankle joint, contusions, tendon sheath irritations in the distal extremities and functional back pain.

Which of these injuries responded well to the treatment with PalmLaser?

All of the above listed clinical presentations can be successfully treated with PalmLaser. Due to its simple operation and side effect free application, PalmLaser has been used very frequently and considerably aided the post traumatic healing processes in the injured persons.

How often on average was an acute injury treated?

The injuries were treated daily. Some traumas, such as muscle ruptures, contusions, heamatomas and torn ligaments were often treated several times per day.

How would you judge the healing process in terms of quality and laser application time required?

In my experience, the more often you treat, the better the outcomes and the healing process. It is definitely possible and beneficial to apply laser therapy up to 3 times per day for 10 – 15 minutes.

It is very important for an athlete to fully recover after an injury. Can laser therapy with PalmLaser support the process of regeneration?

Yes, it can! By stimulating the ATP synthesis that is vital for all regeneration processes and recovery - PalmLaser is very helpful.

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PalmLaser is very easy to operate. Was it possible for the athletes to perform self treatments to lessen the burden on your time?

PalmLaser's ease of use increases the willingness of people to self treat. It is a great help to physiotherapists and ensures that the laser sessions are performed sufficiently often, even if the therapist is engaged with other more complex or urgent duties. The athletes became soon aware of the positive effects of PalmLaser on their bodies. Some even purchased their own devices to have access to the treatment at anytime.

Did you treat the athletes as recommended in the manual?

In general, yes. I checked recommended treatment durations and how frequently to treat for given indications. In many instances, the recommendations were suitable. However, as mentioned previously, we often increased both the treatment duration and the application frequency.

Currently at your practice you treat mainly private patients. Which type of problems do you see most often?

Lesions and strains of muscles and tendons, bursitis, capsular band lesions, contusions and other problems arising within the entire musculoskeletal system.

How is laser therapy applied in your current medical practice?

I seldom perform the treatment personally. I explain the treatment and demonstrate how to perform it. The actual sessions are subsequently applied either by my assistants or by the patients themselves. Some patients even purchase their own PalmLasers for convenient use at home.

Holistic treatments are becoming more and more popular and are now being integrated into medical practices. Where would you place laser therapy in this context?

Therapeutic goals should always be to regulate endogenous processes at all levels of the human body. The era of therapies based solely on symptoms suppression (i.e. suppression medicine) is over and gone. Laser therapy's positive influence on the mitochondrial ATP production and on the synthesis of the fibroblasts in connective tissue place the laser therapy at the forefront of modern therapeutic approaches.

Finally, some pros and cons of laser therapy?

I can only see the pros. Such an effective, easy to use, relatively low cost and side effect free treatment method deserves full recognition and a wide practical implementation.

Dr Rarreck – we thank you very much for your time and for sharing your PalmLaser experiences with us. We wish you much success for the future.