

1. FRAUEN-FUSSBALL-CLUB FRANKFURT E. V.



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The latest therapy technique for better treatment success: 1. FFC Frankfurt is delighted to be entering into partnership with the company Extrazell

Whilst the 1. FFC Frankfurt players are preparing for the new season at their training camp in Bad Hersfeld, the current winner of the Champions League is delighted to be entering into a new partnership: the company Extrazell will from now on be supporting the FFC physio team with an innovative form of therapy, Cell biological regulation therapy (ZRT®). The scientific approach of this innovative and naturopathic treatment method is based on the fact that the cause for process disruptions in muscles, tendons, joint capsules and other tissues can mainly be found in intercellular space. Despite the almost infinite variety of therapies in Germany, up to now, hardly any attention has been paid to this extracellular space, which constitutes approximately 30 percent of the body's volume and is thus the biggest connected human "organ". "Classic pharmacotherapy with painkillers does not primarily target the causes, but rather works on the symptoms", says Dr. Bernhard Dickreiter, Scientific Director at Extrazell. "Instead, we consider the impact of the cellular environment on the cells as well as the effect of the cells on their environment – a systematic approach on which university and clinical medicine has up to now hardly focussed."

Cell biological regulation therapy (ZRT®) gets microcirculation in the tissue up and running and thus normalises the metabolism of cells. Dr. Bernhard Dickreiter explains: "This ensures that the affected muscles, tendons and other types of tissue are protected against hyperacidity and inflammatory factors, which then improves performance. In concrete terms, biological cell-regulation therapy is implemented in three steps: to start with, the painfully modified tissue is cleaned by means of a gentle, mechanical vibration transmitted into the musculature, which gives rise to an improved supply situation in the affected tissues. In the next step, heat treatment with water-filtered infrared A ensures a reduction in pain and an improvement in mobility. To finish, alkaline compresses and alkaline baths are performed to reduce the local tissue hyperacidity. The normalisation of the acid/alkali balance achieved in this way also promotes pain relief and regeneration."

The company Extrazell are providing 1. FFC Frankfurt with the infrastructure required for the implementation of cell biological regulation therapy (ZRT®), which comprises several devices.

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The FFC physio team headed by Anne Lacroix, who has been recently become the official rehab and sport physio partner of the seven-time German champions with her surgery, Michael Menn and Uwe Schröder enjoyed a comprehensive training and briefing programme delivered by Dr. Bernhard Dickreiter during the training camp in Bad Hersfeld. Thomas Wenger, Owner of Extrazell, was also at the festival town in eastern Hesse in order to establish the partnership with FFC Manager Siegfried Dietrich. "It is absolutely fantastic that we have now been able to add Europe's most successful women's football club to our partners, which include men's teams from the Bundesliga such as VfB Stuttgart and TSG 1899 Hoffenheim", said Thomas Wenger.

FFC Manager Siegfried Dietrich: "With the introduction of biological cell-regulation therapy into our overall sport physiotherapeutic concept, from now on, we will be able to use an absolutely biological and holistic procedure in order to really get to the bottom of the troubles of our players and to stimulate the healing process in a natural way. As a former sport physiotherapist, I am really impressed by this treatment method – as are our medical and physio team. I am thus extremely pleased that we can continue pushing on with the professionalization of our already excellently positioned sport physiotherapy and rehab departments thanks to the innovative partnership with Extrazell!"

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