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The aim of this study was to gather information of the positive effects of using lymphatic system activation for athletes recovery from daily training. Test subjects were athletes from Finnish junior and A- national team of nordic combined. The activation of lymphatic system were done with LymphaTouch machine using recovery treatment protocol. The results of this study are based on subjective experience of test subjects. Purpose of this study was to give new information about using LymphaTouch in sports for study commissioner, HLD Ltd. My personal purpose was to expand my knowledge concerning the topics of this study.

In my research I used quantitative research method. During the intervention test subjects were answering to questionnaire for their daily experience of training strain, recovery and their subjective benefits from the treatment. The test subjects were 15-21 year old active national team level athletes. The intervention was carried out on the Finnish national teams last training camp preparing them for the season.

The results of this research show that the athletes felt the recovery treatment with LymphaTouch machine benefited their training with better recovery.

Key words LymphaTouch, lymphatic system, recovery, satellite cell, Nordic Combined