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Title of Thesis Is LymphaTouch-treatment effective on shin splint? A quantitative study of patients experience			
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<p>Abstract</p> <p>The purpose of this thesis was to determine how LymphaTouch-treatments effect on anterior leg pain and physical exercise among research group. The aim of the study was to examine, whether research persons leg pain was reduced and whether their moving ability was increased during the treatments. Pain was evaluated during palpation, walking, running and on rest. Moving ability was examined by person's subjective disadvantage to exercise caused by shin splint, and by painless walking and running distance. The aim was also to gather experience of LymphaTouch-treatment on general level.</p> <p>Twenty research persons received six LymphaTouch-treatments in period of three weeks, all with identical treatment procedure. The measurements for the study were made just before the first, and after the last treatment. The instrument for this trial was developed based on previous studies and theory. NRS-scale was used for measuring pain. Research group consisted of women and men, aged mostly from 18 to 30. Persons exercised regularly and suffered from anterior leg pain, which was increased after exercise and had existed at least a week.</p> <p>When compared the means of existing pain, there was reduction on every measured aspect, especially in cases of pain on rest and during running. Disadvantage to exercise caused by shin splint, was reduced. Painless walking distance was increased among 40 %, and painless running distance among 25 % of research persons. 65 % of research persons told that they experienced at least a little help from LymphaTouch-treatments as 10 % told they received no help at all.</p> <p>The trial suggests that there might be use for LymphaTouch-treatment in care of shin splints though further study should be made with larger research group and more controlled trial.</p>			
<p>Keywords Shin splint, LymphaTouch®</p>			