

Case report: Athlete with multiple problems in the thigh

Patient: *Patient is a female athlete in her twenties, who has several problems with both of her thighs. There were scars in the back of the thigh, a sprain most likely deep in the tissue, and also a hardened spot which had clearly interfered with her training. The patient has a diagnosis of a chronic hamstring syndrome l.a.*

Methods: Both the scars had already been treated with manual lymphatic drainage, and the healing process was proceeding well – LymphaTouch did not bring further benefits in this problem. However, when the hardened spot was treated with LymphaTouch, there was a clear reduction in the tightness of the thigh.

Results: The tension in the muscle caused by the hardened spot relaxed after the second treatment and the surrounding tissue got softer. The patient who participates actively in the treatment process and is vocal about her opinions, has felt very positive about LymphaTouch treatments.