

HLD Healthy Life Devices has begun cooperation with top level gymnast

The LymphaTouch treatment method, created by the Finnish healthcare technology company HLD, is suitable as physiotherapeutic rehabilitation method for top athletics, too. Timo Niemelä, member of the National Gymnastics Team of Finland, has signed a cooperation agreement with HLD Healthy Life Devices Ltd.

As a token of the cooperation the 21-year-old gymnast Timo Niemelä has received a LymphaTouch treatment device for his disposal. According to Timo it is an easy-to-use device and he has recommended it to other gymnasts, too. The LymphaTouch treatment method has been especially helpful for Timo to treat his wrists and shin splints, a typical stress syndrome for many athletes. A typical injury in artistic gymnastics is shoulder irritation but it is also hard on one's wrists, knees, and ankles.

Suggested by his parents Timo started gymnastics as a hobby at the age of 5 . A few years later, when he was 9 or 10, he started to compete in gymnastics. The diversity of gymnastics makes him carry on. "Developing continuously, learning new things and challenging yourself. Defying your own limits and setting them further", Timo describes the appeal of artistic gymnastics.

Timo, who is a student at the Aalto University School of Science and Technology, has plenty of will and motivation to compete in artistic gymnastics. Due to a sickness this spring he had to cancel his participation in the European Artistic Gymnastics Championships. But now he is already concentrating on the World Cup and World Championships this coming autumn. His goal in the games is a place in the finals – and some medals, too. Thanks to the LymphaTouch treatment with its negative pressure effect this young gymnast has been able to practise more efficiently.

Timo's wrists have been operated twice. The stiffness in his wrists can be decreased by treating them with the LymphaTouch device prior to a training session to remove swelling caused by liquid. Just a 10-15-minute-treatment improves his training sessions because the treatment expands the trajectory of the wrists significantly. "Treating the shin splints with the device has the same effect as if they were treated by a masseur", Timo says. "LymphaTouch treatment method is suitable for treating top athletes", he adds. "This treatment can be used for muscle pain, swelling, strains, and muscle recovery as well as post-training recovery" Timo lists.

HLD Healthy Life Devices Ltd

HLD Healthy Life Devices Ltd. Is a Finnish healthcare technology company founded in 2005. HLD provides new treatment solutions to improve healing processes and rehabilitation. HLD develops treatment methods and works toward treatment based on scientific evidence which avails the patient, the nurse and the general healthcare. HLD Healthy Life Devices Ltd. Is certified by the ISO 9001:2000 and ISO 13485:2003 standards and its products are manufactured in Finland.

Further information:

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Gymnast Timo Niemelä