

Paralympic team athletes Päivi Tolppanen and Arttu Mäkinen use the LymphaTouch method in training

Päivi Tolppanen and Arttu Mäkinen are athletes training for the London 2012 Paralympic Games. Arttu rides a tandem bicycle with his pilot Aki Turunen, and Päivi is a judoka in the under 63 kg division. Arttu and Päivi have both utilised the LymphaTouch method in their training, particularly as part of recovery. "The LymphaTouch method clearly helps in recovery after a strenuous training session; after the treatment I don't feel any muscle pain, unlike before", Arttu Mäkinen relates. According to Päivi Tolppanen, a physiotherapist and lymph therapist, the treatment is useful particularly in the treatment of neural tissue. "Fascia treatment is easy to perform with LymphaTouch allowing the muscle to relax and function normally", Päivi describes. The athletes also encourage others to try the LymphaTouch treatment, which, according to them, provides relaxation immediately with the effect increasing after a while following the treatment.



Arttu Mäkinen (on the right) with his co-pilot



Päivi Tolppanen (on the right)