

Dear colleagues,

I am Juuso Sillanpää, a physiotherapist working in the challenging, yet interesting jungle of problems related to the musculo-skeletal system.

Working with athletes, I often notice that results and effects should be achieved almost immediately when utilising various treatment methods. It is not always sufficient that effects are noticeable with a long delay.

I had a great opportunity to get to know the LymphaTouch treatment method and device, and I was really excited about its ease of use and effects. I have used manual treatment of lymphatic ducts even before this, but LymphaTouch provided completely new dimensions to both prevention and treatment of existing symptoms of tissues as well as to the therapy for recovery and conditioning of tissues.

For athletes, I have used the LymphaTouch method mainly for the treatment of soft tissue (muscles, tendons, etc.), the treatment of joints, swelling, chronic tendon and muscle symptoms, rehabilitation after acute injury, softening/removal of scar tissue and concretions, and even for reducing upper limb spasticity. The treatment results have been very beneficial and the athletes have also given positive feedback being actually surprised at the effect of this painless treatment method.

The positive treatment results that I have received – to mention only a few – include reduced swelling of the Achilles tendon in its peritenonium, reduced chronic Achilles tendon pain, increased muscle elasticity, elimination of chronic peroneal pain, good rehabilitation after acute muscle injury, relief of pain between phalanxes, and increased metabolism and sweating.

From the athletes' point of view, the LymphaTouch treatment method has allowed – again, to mention only some – painless training, increased effective portion in training, targeting of the exercise effect to the correct and desired tissue, increased reliability in the function of the tissue as well as an increased readiness level of tissues.

My comments on the versatile LymphaTouch method are simply positive. It is an excellent tool for a physiotherapist in the treatment of various symptoms of the musculo-skeletal system.

LymphaTouch is suitable for young, working-age, and elderly customers, regardless of their physical activity level.

I strongly recommend an introduction to the method and training to become a qualified LymphaTouch therapist.

Best regards,

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