

### **LymphaTouch treatment is an integral part of racing cyclist Pia Sundstedt's training**

**Pia Sundstedt has created a remarkable career as a professional cyclist. To facilitate her training, Pia has used the Finnish LymphaTouch treatment method, based on the application of negative pressure, for six months already. Today, the athlete says that she would never want to give up the method as a part of her muscle conditioning and recovery.**

Pia Sundstedt's sport is physically strenuous. She competes in mountain bike racing in cross-country marathon distances varying from 80 to 120 kilometres. According to Pia, the best in this sport is riding in nature: she likes both flat country and mountain routes. She admits having a competitive instinct: "Success and winning medals motivate me, otherwise I wouldn't have continued this long". As the highlights of her career, the athlete mentions her medals at major competitions in mountain bike racing: the European championship, her first WC medal in 2007, and World Cup championships in three successive years.

Pia was injured in June after falling with her bike during competition and was taken to the hospital by helicopter. At the hospital, she was told that she would be able to ride only after 1.5 to 2 weeks. Pia noticed the efficiency of the LymphaTouch device, particularly after this very painful injury. "Then it was very good, it activated my blood circulation", Pia relates. In fact – to the surprise of many – the athlete was back on the bicycle seat only a few days after the injury. The leg caused slight problems for about a week, but after a few weeks she felt completely normal again.

Pia has used the LymphaTouch treatment particularly for her thigh muscles, which are the muscles that naturally fatigue the most in this sport. In addition, her peroneus muscles have been treated as well as large bruises, which healed fast with this method. According to Pia, she has only positive feedback to give about the LymphaTouch treatment, and she has recommended it to her fellow athletes as well. Treatment with negative pressure accelerates the recovery from physical exercise and is a good supplement to massage.

Living in Germany, Pia's competition period is over for this period; her next competition will be in the middle of April. As for competing, Pia still has at least one dream that she would like to fulfil: to win the world championship.

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.*

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Racing cyclist Pia Sundstedt (Photograph by Mikko Nikkinen/Storymakers)