



## SPORTS & HYPERBARICS

Injuries caused by sports related activities are a substantial concern among players, coaches and parents alike. As inflammation and pain play primary roles with respect to recovery of mild Hyperbaric Therapy (mHBT) *with the power of oxygen under pressure* has been shown to significantly reduce inflammation and ameliorate pain. Additionally mHBT can accelerate and enhance healing from surgeries and wounds. New evidence supports mHBT as an adjunct and practical treatment to help moderate the affects or traumatic brain injuries (TBI) and enhance brain scan results. mHBT is often utilized by physicians and individuals to help reach a full recovery from high-impact insults to the body and is currently used by some of the U.S. Olympic

Teams to treat sports-related injuries as a part of their official medical techniques and equipment. Studies and clinical experiences have demonstrated the benefits of mHBT for sports-related injuries with the following:

### **Accelerate Recovery From Sports-Related Injuries with mHBT**

- Increases Collagen Production
- Reduces Inflammation & Pain
- Faster & Better Recovery from Sprains
- Stimulates the Creation of New Blood Vessels
- Enhances Recovery from Medial Collateral Ligament (MCL) & Anterior Cruciate Ligament (ACL) injuries
- Decreases Susceptibility Towards Reinjuring Target Areas
- Rapid Recovery from Concussions & Head injuries

### **Faster Recovery From Surgeries with mHBT**

- Accelerates & Enhances Healing
- Reduces Inflammation for Optimal Pre-Surgical conditions
- Reduces risk of Infection
- Stimulated the Creation of New Stem Cells
- Decreases Hospital Time

### **Amplify Recovery From Intensive Training with mHBT**

- Accelerates Healing from Muscle Strain
- Improves Blood Flow
- Increases Energy Levels

### **Enhances performance with mHBT**

- Improves Concentration
- Increases Serotonin Levels
- Accelerates Jet Lag Recovery
- Decreases Lactic Acid

### **Study NFL Athlete Improves Cognitive Function with mHBT**

In 2011, a case report was published involving an NFL player who suffered multiple concussions. This subsequently led to the development of hydrocephalus (Accumulated fluid within the brain), which required emergency shunt brain surgery. This star athlete continued playing and won the Super Bowl, only for his Shunt to fail, which led to additional emergency back-to-back surgeries. Following his surgeries, her receive 40, one hour treatments of mHBT. After the treatment protocol, he was independently assessed with neuro cognitive evaluations and brain scans by the *Amen Clinic* in California. Marked improvement in 5 our of 6 indices on the MicroCog assessment for cognitive functioning to computerized assessment sequenced designed to detect early signs of cognitive impairment was confirmed. In addition to drastic enhancement with respect to his brain scan.

[www.ausa.org/sports](http://www.ausa.org/sports)

Health, healing & breathing efficiency through Hyperbaric Therapy - Experience the Power of Oxygen! When you call or email: <http://newtownehyperbarics.com/> or <https://www.facebook.com/pages/Newtowne-Hyperbarics/322123684465695?ref=hl322123684465695?ref=hl> to learn more about Hyperbaric Chambers. Please mention the Kettlebell Lady recommend you contact them. Move well, move often & breathe efficiently. Thank you!

[www.kettlebelllady.com](http://www.kettlebelllady.com) or [kettlebelllady@yahoo.com](mailto:kettlebelllady@yahoo.com) or [www.facebook.com](http://www.facebook.com) or [www.linkedin.com](http://www.linkedin.com)