

# Hyperbaric Oxygen Therapy Improves Athletic Performance and Heals Sports Injuries

Hyperbaric oxygen therapy improves athletic performance, heals sports injuries and facilitates movement better than your body can on its own.

This is the **Patient view** of the brochure.



## How Hyperbarics Helps



Reduces pain and swelling



Builds new blood vessels and blood supply to health tissues and bones



Builds new collagen, skin and tissues



Mobilizes stem cells



It is safe, comfortable and pain free

## HBOT injects oxygen not only into soft tissues and bone, but also into your brain, which helps it regain neurologic function quicker.

Hyperbaric Oxygen Therapy (HBOT) has been shown to reduce pain, speed healing and help reach full recovery from high impact sports and injuries. Athletes use HBOT to repair sports injuries faster and better, so athletes can get back to their normal activities with less pain, swelling and

bruising. It facilitates better movement and faster healing than your body can on its own. Whether we're a Pro football, hockey, or soccer player, a kid playing for fun, or a parent, we all want to know how to accelerate healing from surgeries, injuries .

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and wounds. From sprains or strains to tears, breaks, surgery or head injuries, we all care about recovery. At Bay Area Hyperbarics, we have healed and improved athletic performance for people ranging from professional athletes to small children during our 20 years of experience HBOT works by super saturating your body with oxygen.

Hyperbaric oxygen drives the oxygen rich air into your blood with up to 12,000% more oxygen into the blood and fluid throughout your body. Your body gets saturated with oxygen, because you breathe 100% oxygen (as opposed to the 21% oxygen we typically breathe), with your whole body in one of our pressurized chambers. This pressure forces the oxygen into tissues, bones and the brain that are bruised, broken or damaged. This in turn kicks open the flood gates, and the race of cellular repair begins.

By growing new blood vessels, reducing swelling and inflammation, stimulating bone cell regeneration, accelerating the production of stem cells, enhancing collagen production with ligament injuries and improving brain recovery,

HBOT helps many sports injuries to recover fast and effectively. HBOT down-regulates over 4,000 inflammatory genes by 30%. It up-regulates over 4,000+ genes that trigger cells to reproduce at a super fast speed. It speeds healing by 50% or more. HBOT treatments also reduce swelling. It also increases blood flow to injured areas. As a result, nutrients, healing cells and hormones enter the injured area of your body much more quickly. It also stimulates an increase of stem cells in the damaged tissues, including the bone marrow. As a result, HBOT regrows tissue, regenerates nerve cells, regrows new tiny blood vessels and repairs and regenerates cartilage, collagen and bone. Our patients walk faster, taller and stronger.

HBOT injects oxygen not only into soft tissues and bone, but also into your brain, which helps it regain neurologic function quicker. For more information about how HBOT helps heal concussions, see our page on traumatic brain injury and concussion. The bottom line is that with hyperbaric oxygen therapy, you have less pain during recovery and your recovery is much faster.

## Patient Experiences

Listen to what real patients have to say about their experiences.

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The world watched as Brandi Chastain kicked the winning goal for the FIFA Soccer World Cup in 1999, and when she helped her team to win two Olympic Gold medals. Unfortunately, those years of success included numerous injuries, along with several knee surgeries to resolve her knee pain. Even after surgery and other adjunctive therapies, Brandi still woke up every night with knee pain. This went on for four years. In addition to coping with the pain itself, and a lack of sleep, she had to limit her running and coaching. She experienced such swelling and pain in her knee that she was limping by the end of an active day. She came to Bay Area Hyperbarics and used our hyperbaric oxygen chambers to repair her knee injuries. Now, Brandi sleeps through the night without pain, and her knee no longer swells, causing her to limp after a run. We've seen the same with numerous athletes who healed just like Brandi, so they can run longer distances, and do so faster, with less pain or swelling.

### **Brand Chastain, 51**

HBOT repaired her old knee injuries.



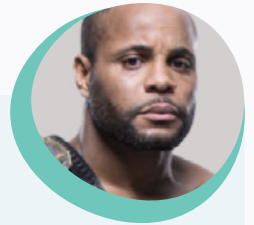


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Anthony broke his back rock climbing at the age of 19. When we met him he had been using a walker, dragging his left foot and his back was so injured and bent over that he could not look up into the trees or the sky. He tried many different treatments trying to straighten his back and regain better use of his foot which he said had little effect. His brother chided him for wasting his money trying to improve his body. Twenty-one years after his accident, he received treatments in our hyperbaric chambers. Afterward, Anthony could walk must faster and with much greater ease. At times, he could let go of his walker and walk, because he was able to lift his foot instead of dragging it. And to his delight, Anthony showed everyone who would watch that he could straighten his back to look up and see the sky for the first time in 21 years! He was joyful and a number of us cried in happiness when he showed us how far his recovery had come.

### **Anthony, 42**

Broke his back rock climbing. HBOT helped him stand up straight again.



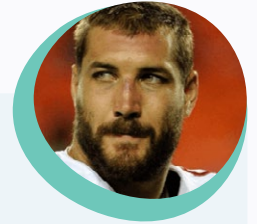
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Daniel Cormier, an Olympic champion wrestler and UFC champion (he holds two titles: light heavyweight and heavyweight champion fighter) used our hyperbaric treatments a week before his big fights, (see his video [here](#)) He said it gave him an edge, an advantage. Daniel also came in hobbling one day after having injured his knee while training. After one HBOT treatment, Daniel was able to drive his car again. He also resumed running 5 miles per day, starting the very next day. Although professional athletes often do not like to give away their secrets to prevent their competition from gaining a similar advantage, Daniel is a warm hearted and caring man.

### **Daniel Cormier, 40**

Increased the speed of repair from over-training and surgical recovery.

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Dan Skuda, prior NFL player for the 49ers, developed plantar fascitis, a very painful condition causes pain on the bottom of the foot with walking and running. He needed two shots in each foot prior to each game to reduce the pain so he could run. He came to us hoping we could help him out. After his hyperbaric oxygen therapy, he finished the season without shots, without pain and performed better than he had the whole previous season. He is so convinced that it improves his performance that he has installed a hyperbaric chamber in his home in Florida.

### **Dan Skuda, 33**

Helped him heal acute injuries that happened while playing professional football

## **Patients: Get Started with Hyperbarics**

Its easy to get started with Hyperbarics. Just follow these simple steps.

### **1 Give us a call**

Did a physician refer you? If so, they can download and fax us back a patient referral form. If not, our medical staff will discuss whether hyperbarics is right for you.

### **2 We talk with your insurance**

Our medical staff contacts Medicare or private insurance to receive authorization and create a plan with you.

### **3 Patient starts HBOT**

Our medical staff meets with the patient to ensure that HBOT is appropriate, and contacts Medicare or private insurance to receive authorization.



**Scan for free consultation**



**Call Us: (408) 356-7438**