Concussion <u>T</u>raumatic <u>B</u>rain <u>I</u>njury (mild)



And Hyperbaric Oxygen

Concussion / Traumatic Brain Injury

- A concussion is a complex, mild Traumatic Brain Injury (mTBI) caused by a physical force or impact to the head or body which alters the brains function.
- Any injury that effects the function of the brain can be considered a concussion. Loss of consciousness occurs in only 5% of High School sports concussions.

Concussion Early Symptoms

- Dazed or confused appearance
- Nausea
- Headache
- Double, fuzzy, or tunnel vision
- Dizziness, loss of balance
- Forgets plays

Delayed On-Set Symptoms

- Neck pain
- Concentration difficulty
- Sensitivity to light or sound
- Negative personality changes
- Can't recall events prior to or after hit
- Loss of sense of taste or smell
- Ringing in the ears

Hyperbaric Oxygen

Oxygen is essential for the proper functioning of every cell in the body.

A Hyperbaric Oxygen (HBO) chamber can multiply arterial oxygen levels up to 20 times normal by pressurizing its occupant while providing 100% oxygen for breathing.

Increased oxygen levels proportionately increase cellular metabolism, waste removal, reduction of swelling and inflammation.

How Hyperbaric Oxygen Helps

Reverses swelling of brain, therefore reducing cranial pressure and its' associated negative symptoms:

- Nausea
- Headaches
- Vision disruptions
- Hyper-sensitivities to light

Restores normal brain activity

- Reduces inflammation
- Hastens vascular repair from tearing and bruising associated with impact injury

Hyperbaric Protocol: Seek HBO ASAP!



When starting HBO treatments within 12 to 48 hours of a moderate head injury, as few as 3 to 5 Hyperbaric treatments typically required.



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Testimonies:

Post Concussive - College Football:

'Suffered with pain above and behind right eye. Pain would randomly worsen resulting in temporary blindness. He had not work out for the past month. After the fourth Hyperbaric Treatment, he started lifting weights with minimal eye pain. He stopped HBO after seventh treatment with symptoms gone.

Sophomore High School Quarterback:

Went to ER after the game confused and unable to speak. First Hyperbaric Treatment was 14 hours after injury, second treatment 20 hours later. Evaluation on the third day confirmed he had a concussion, but was no longer needing to go on a concussion protocol.