



Clinical Hyperbaric Oxygen

And

Low pressure Hyperbaric
Therapy Services

Concussions and sub-concussive impacts are issues that affect all sports and it is important that everyone in Rugby recognises the symptoms of concussion and the cumulative effects of sub-concussive impacts.

If there is a question, remove from playing or training any player with clear or suspected symptoms.

Untreated, these events can affect:

- **Physical symptoms such as coordination, headaches**
- **Emotional stability such as depression and anger**
- **Academic standing by affecting memory and concentration**

Unrecognized and untreated, the cumulative effects of these sub-concussive impacts can last a lifetime.

Hyperbaric Oxygen Therapy (HBOT) has been shown to successfully

- **Treat the effects of concussion**
- **Treat the accumulation of sub-concussive impacts**
- **Return to pre-injury activities faster**

Concussions should initially be treated within 24 hours of the episode to limit secondary effects and promote quicker healing.

For emergency, contact 514-233-6467

Island Hyperbaric Center is the only private clinic in eastern Canada with a clinical hyperbaric oxygen chamber. Its Certified Staff has over 25 years international clinical experience .

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