

Role Of Hyperbaric Oxygen Therapy For Soft Tissue Injuries

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Sports are competitive physical activities undertaken by professional athletes in international sport events. In every occasion, professional athletes strive to achieve the best performance for the team or even for their countries. Sports are also multi million dollars events from ticket sales, direct sponsorships and advertising revenues.

As the intensity of strenuous training and competition continue to increase, so do the number of injuries that athletes acquired. These injuries are usually the result of acute trauma or overuse of a particular body part. The resulting injuries range from simple sprains, soft tissue injuries like oedema to contusions, fractures or even spinal cord injuries.

Hyperbaric Oxygen as an adjunct to physiotherapy remains underused amongst sports professionals but it has been popular amongst renown football clubs in the English Premier Leagues and used to rehabilitate the injured football, basketball and ice hockey players in the USA. Tiger Woods, David Beckham and Lance Armstrong have also used hyperbaric oxygen to accelerate healing including the most successful multiple Olympic gold medalist and multiple world champion in cross-country skiing like Bjorn Daehlie. As HBOT reduces swelling, many athletes have reported a reduction in recovery time from many injuries including bone, joint, muscle, ligament, tendon and other tissue injuries. Thus allowing them to return to training soon.