

Rehabilitation



Oxygen delivery to damaged muscles and ligaments is crucial in speeding recovery.

Hypoxic training has been proven to increase oxygen delivery to damaged tissue. Localised oxygen treatment at the point of injury is an established rehabilitation aid, unfortunately when the oxygen device is removed from the damaged area the beneficial results are also removed. Hypoxic training on the other hand, increases your own individual ability to get oxygen to the damaged area. When you are not doing the hypoxic training (the remaining 23 hours of the day) you are left with an increased oxygen supply to the effected area naturally.



PHYSIOLOGICAL EFFECTS:

- New red blood cell production
- New blood capillary growth
- Improved anti-oxidant balance
- Micro-organism efficiency

EXPECTED BENEFITS:

- Maintain fitness whilst injured
- Quicker rehabilitation