



# THE OAKLAND RAIDERS

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PRIDE AND POISE

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To: Bill Schindler  
Hyperbaric Therapy Center  
104 Colony Park Drive, Ste. 800  
Cumming, GA 30040

From: Tim Adams  
Head Strength and Condition Coach  
The Oakland Raiders  
1220 Harbor Bay Parkway  
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Subject: Hyperbaric Chamber Effectiveness

The Oakland Raiders are committed to excellence. As one of the historically most successful teams in the NFL we are constantly striving to improve. In our quest to be the best we seek to educate and provide our players with the most current and cutting edge resources available. That is why Bill Schindler with the Hyperbaric Therapy Center was brought in to educate our players on the benefits of Hyperbaric Therapy for recovery, restoration and healing.

Recovery and restoration are more important to successful adaptation than the stress of training or competition. If you can not recover from the imposed demands of your activity then you will not be ready to handle additional stress in the future. If your body is incapable of taking on more stress then this can lead to overtraining and potentially may lead to an injury.

Hyperbaric Therapy allows the body to be saturated with an increased amount of oxygen. This oxygen then proliferates the cellular tissue and helps the body's natural healing process by bringing valuable nutrients and much needed oxygen to the stressed tissue. Anecdotally, we have seen some amazing results related to improving fatigue, ankle sprains, and injured knees.

Not only did our players enjoy using the chamber they couldn't wait to get into it. As a coach in the NFL I am always trying to get my players an edge. I believe in Hyperbaric therapy and would recommend it to anyone looking to take their performance to another level.

Tim Adams