

Philadelphia Flyers Hall of Famer Brian Propp Treats With Hyperbaric Oxygen Therapy for Stroke Rehabilitation



By Victoria Bliss-Calkins, CEO,
Oxygen Oasis Hyperbaric Wellness Center and Staff

Philadelphia Flyers fans know legendary NHL All-Star and Flyers Hall of Famer Brian Propp from his 15 years as a left winger and for his signature goal celebration "The Guffaw." What fans might not know is that Propp suffered a massive stroke in September 2015 that left him unable to speak and with impaired motion on his right side.

Propp said his stroke was brought about by atrial fibrillation, or irregular heartbeat, which affects an estimated 2.7 million Americans. That condition can send a blood clot to the brain, which triggers a stroke. According to the American Heart Association, nearly 20% of stroke victims have this condition, though they may not be aware of it. If left untreated, the risk of stroke is five times higher than in patients without this condition. Also, strokes caused by atrial fibrillation tend to be more severe due to larger blood clots traveling to the brain.

A stroke is a serious condition caused by a clot or hemorrhage of a blood vessel in the brain, causing inadequate blood flow and

oxygenation to the tissues. According to the Centers for Disease Control and Prevention (CDC), strokes affect about 795,000 people in the United States each year.

Strokes can cause significant impairment in language, cognition, and motor skills, and effects can last for years. Depending on the extent and location of the stroke, symptoms of weakness, paralysis, visual disturbances, speech difficulties, and sometimes loss of consciousness or death can occur.

Propp spent a month in a rehabilitation hospital and subsequently began outpatient physical and occupational therapy several times a week. Committed to making the fullest recovery possible, Propp sought out additional therapy options, which brought him to Oxygen Oasis Hyperbaric Wellness Center in Langhorne, PA to receive hyperbaric oxygen therapy (HBOT) treatments.

Studies have shown that adding HBOT can dramatically improve results even years after the stroke occurred. The brain consumes 20% of the body's oxygen, but that is only enough oxygen to operate 5% to 10% of neurons at any one time. The regeneration process requires much more energy. The tenfold increase in oxygen levels during HBOT treatment supplies the necessary energy for rebuilding neuronal connections and stimulating inactive neurons to facilitate the healing process.

A recent study conducted in Tel Aviv showed significantly increased neuronal activity in post-stroke patients after a 2-month period of HBOT treatment compared to control periods of nontreatment. The results indicate that HBOT treatment can lead

to significant improvement in brain function in post-stroke patients even at chronically late stages, helping neurons strengthen and build new connections in damaged regions. Many patients experienced improvements such as a reversal of paralysis, increased sensation, and renewed use of language.

Propp can personally attest to the improvements that can be achieved through HBOT. He found the benefits of treatment, including almost immediate speech improvement, to be remarkable. In addition to speech, his memory and concentration also improved. Propp has made such great strides in his rehabilitation that he was able to return to the ice to play in the Flyers alumni game in January 2017, a feat that was unimaginable in the weeks and months following his stroke.

He was so impressed by the advancement in his recovery that he partnered with Oxygen Oasis to create a series of educational videos detailing the benefits of HBOT for a variety of conditions.

"I was compelled to create a video series of patient

testimonials to bring awareness to the healing power of hyperbaric oxygen therapy and the many conditions it can help," says Propp. "I look forward to sharing my personal story of how Oxygen Oasis' HBOT enhanced my rehabilitation and letting people know how much this treatment may help them in their recoveries. I was moved listening to other patients share their individual healing stories with me. My wish is that this treatment gives others with similar conditions hope and provides them with an alternative healing modality that they may have otherwise not been aware of."

This ongoing video series is available at: https://www.youtube.com/channel/UCd_2HVACUXFAUe2cd6KSjyw or by simply visiting www.youtube.com and searching for Oxygen Oasis Hyperbaric Wellness Center. Six videos are currently available, but many more are in production; so please subscribe to the Oxygen Oasis YouTube channel for the rest of this 14-part educational series hosted by Brian Propp.

About Oxygen Oasis
Hyperbaric Wellness Center
Founded in 2011, Oxygen

Therapurity, LLC was established to make hyperbaric oxygen therapy more widely available to hospitals, medical centers, clinics, and research centers through a unique and affordable partnership. After launching successful partnerships with other hyperbaric facilities, owners Victoria Bliss-Calkins and Tom Calkins opened and now operate their own facility, Oxygen Oasis Hyperbaric Wellness Center (Oxygen Oasis), in Langhorne.

Oxygen Oasis is Pennsylvania's first free-standing wound care and hyperbaric center to offer both state-of-the-art multi- and monoplace chambers. Oxygen Oasis employs experienced wound care and hyperbaric physicians and certified hyperbaric technologists. Working together, the staff at the center ensures patients receive the safe, quality wound care and hyperbaric treatments they need. Oxygen Oasis is located at 848 Town Center Drive in Langhorne and is open 5 days a week from 7 a.m. to 3:30 p.m. Visit www.o2oasis.com for more information or call 215-352-3720 to schedule an appointment.

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