

Sports Registration Form



All profits from the Bristol Therapy Centre go to The West of England MS Therapy Centre to provide therapies to people living with neurological conditions.

I wish to register for therapy at the Bristol Therapy Centre Ltd.

Registration Fee payable annually: **£50.00**

I wish to pay by cheque/debit card/standing order/invoice
(Delete as appropriate).

If you have selected 'invoice' please provide details of where the invoice should be sent.

Title: Name:

Address:

..... Postcode:

Email: DOB:

I give consent for my photograph to be taken and used for promotional purposes of the Bristol Therapy Centre Ltd, The Brightwell and The West of England MS Therapy Centre Ltd. **Yes / No**

Tel No: Mobile:

Signature: Date:

Patrons

[Stephen Lansdown](#)

[Kenneth J Edis](#)

[The Lord Cope of Berkeley PC](#)

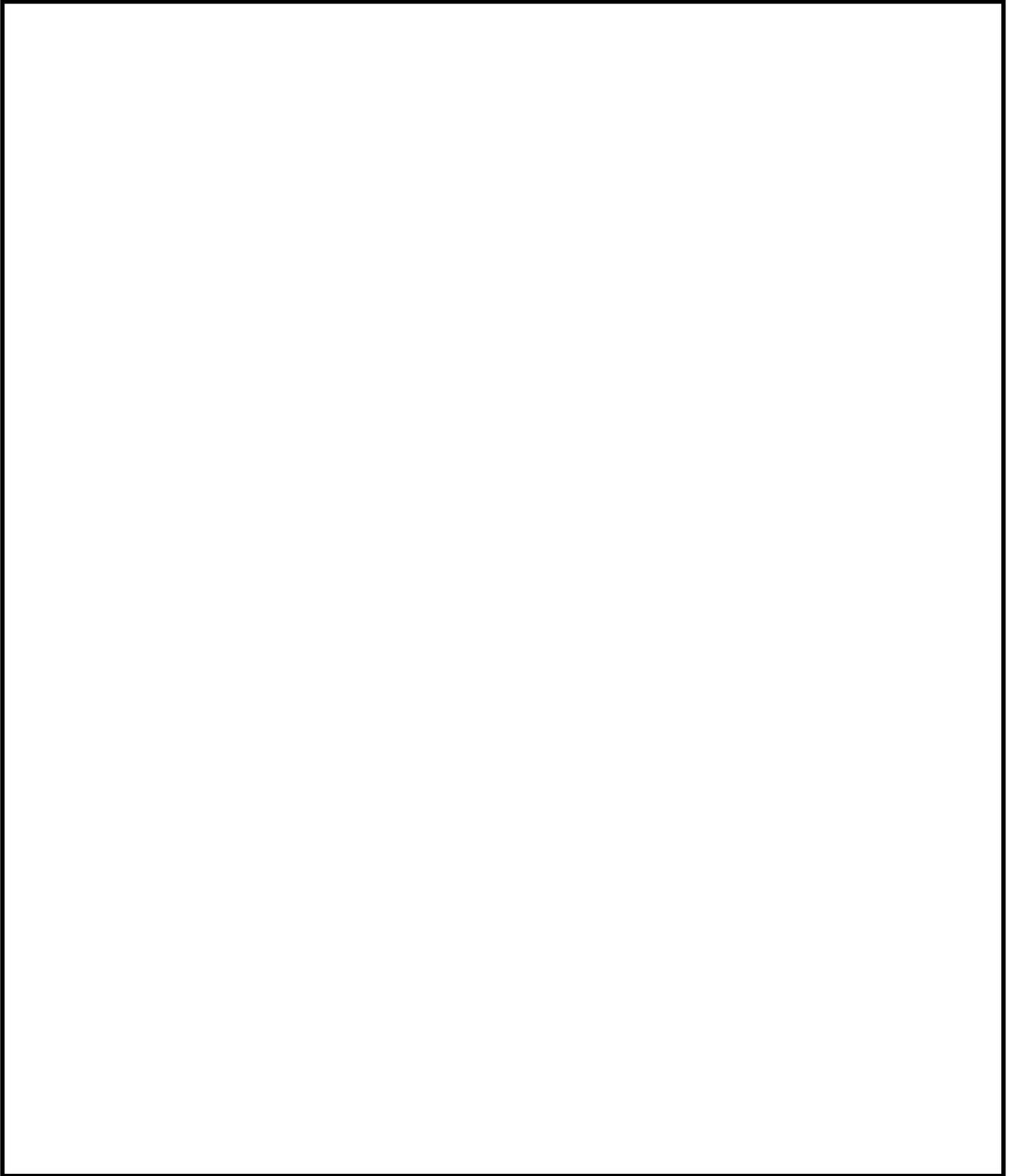
The Brightwell is a Partnership of the following organisations that support people with neurological conditions:

The West of England MS Therapy Centre Limited - Charity No 801155

The Bristol Therapy Centre Ltd - Company No 08193674

Joint Registered Offices at Bradbury House, Wheatfield Drive, Bradley Stoke, Bristol BS32 9DB

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Oxygen therapy

Introduction to oxygen therapy

Oxygen therapy can be used alongside more traditional therapies in the treatment of a variety of conditions including recovery from sporting injury, pre and post-radiotherapy and other treatments for cancer, recovery from a stroke and a wide range of neurological conditions.

It is one of the main therapies we provide at our Centre and has been since we originally opened in Nailsea, in 1985, since that time well over 100,000 individual oxygen therapy sessions have taken place.

Oxygen therapy is provided in a specially designed barochamber which can seat up to five people under our COVID -19 procedures. A session lasts for just over an hour and we advise people, particularly those new to the treatment, to allow for up to an hour and a half at the Centre.

What is oxygen therapy?

Put simply, it is an increase in the concentration of the same oxygen we breathe normally in the air. To do this, a barochamber is needed to allow the pressure around the body to be increased. We all live under normal atmospheric pressure and the extra pressure required for this therapy is small; up to one atmosphere (1ata). The technology is well established, as all commercial aircraft are Barochamber equipped with oxygen breathing systems.

Oxygen therapy has a hundred-year history and in more recent times the medical profession has begun to recognise that even when the level of oxygen in the blood is normal, there can be a severe deficiency in the tissue. Now that science is accepted, the use of oxygen is expanding rapidly around the world. The therapy involves breathing 98% oxygen in a chamber at 1.5 to 2 times normal atmospheric pressure for a total of one hour.

How will breathing more oxygen help?

The air that we breathe usually provides enough oxygen for both normal body metabolism and the repair of tissue damage after an illness. However, tissue damage or disease also involves the blood vessels within the tissue and this damage may reduce blood flow. So, just when more oxygen is needed, the supply is reduced, and recovery may be limited or even prevented. By increasing the concentration of oxygen in the blood more can be delivered to the damaged tissue to establish normal oxygen values and so allow recovery to take place.

How does it work?

Oxygen is transported and dissolved in the blood and combined with haemoglobin in the red blood cells. Although haemoglobin carries most of the oxygen, it is only the dissolved oxygen that

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passes into the tissues. Breathing high levels of oxygen under pressure dissolves more oxygen in all the body fluids so more can reach areas where the circulation is diminished or blocked therefore aiding recovery. The extra oxygen has additional benefits because it greatly enhances the ability of white blood cells to kill bacteria. It also reduces swelling and allows new blood vessels to grow more rapidly into the affected areas.

What is the therapy like?

This is a simple, non-invasive and painless therapy which most people find quite relaxing. You will have the oxygen therapy in a comfortable purpose-built Barochamber operated by trained volunteers. The therapy is in three parts:

- **Compression:** After the door is closed, there will be some noise as the pressure increases. It may get warmer and you may experience fullness in your ears, like descending in an aeroplane. Before your first session, a member of the team will talk to you about how to avoid discomfort by clearing or equalising your ears. If you develop any discomfort inform the operator and the rate of compression can be reduced or halted.
- **Breathing oxygen:** Under our COVID - 19 procedures you will start breathing oxygen as soon as the chamber door is closed, and you will continue to breathe oxygen for 1 hour in total. 45 minutes of this will be under pressure, during this time you can read, use your phone/tablet or just rest. Just breathe normally during this time.
- **Decompression:** The operator will let you know when the session is complete. The chamber will then be depressurised which may require you to, once more, equalise your ears. You will continue to wear your mask until you have left the Centre

No bags, smoking materials, matches or lighters are allowed into the barochamber. Check with the operator if you want to take any particular item in with you.

The chamber can be decompressed quickly and safely at any time during the session if necessary. When breathing high concentrations of oxygen, you cannot suffer decompression sickness.

A note on how to clear your ears:

As the pressure increases in the chamber, you may need to make your ears "pop". There are several ways to do this; usually, the easiest way to clear the ears is to swallow. Some find blowing their nose whilst holding it with the mouth closed successful. Alternatively, you can try moving your lower jaw from side to side, then in and out. It can also be helpful to have small sips of water, you will need to bring your own, plastic bottle, filled with still water.

Important information about oxygen therapy

Under proper supervision, the risks of oxygen therapy are very minimal. The most common side effect is ear pain and users are monitored closely for this. Other side effects may include

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- **Otic Barotrauma (pain in the ears or sinuses):** Some people may experience pain in their ears or sinuses. If you are not able to equalize your ears or sinuses, the pressurisation will be slowed or halted, and suitable remedies will be advised. **Please note** - should you be suffering from a cold or other condition affecting your sinuses, you are advised for your comfort, to avoid coming for oxygen therapy until the condition has cleared up. This will also help to ensure that Centre members with compromised immune systems are not put at risk
- **Serous Otitis:** Fluid in the ears sometimes accumulates because of breathing high concentrations of oxygen. It may occasionally feel like having a "pillow over the ear." This disappears soon after therapy ceases and can often be eased with decongestants.
- **Visual Changes: blurring, worsening of near-sightedness [myopia], temporary improvement in far-sightedness [presbyopia]:** After 20 or more oxygen sessions, especially for those over 40 years old, some people may experience a change in their vision. This is usually temporary, and, in most people, vision returns to its pre-therapy level about six weeks after the cessation of therapy. It is not advisable to get a new prescription for glasses or contact lenses until at least eight weeks after your final oxygen session.
- **Cataracts:** Individuals with cataracts have, very occasionally, had a maturing or ripening of the cataract(s).
- **Cerebral Air Embolism and Pneumothorax:** Whenever there is a rapid change in ambient pressure, there is the possibility of rupture of the lungs with the escape of air into the arteries or the chest cavity outside the lungs. This can only occur if the normal passage of air out of the lungs is blocked during decompression. The rate of decompression in our oxygen sessions is very slow to avoid this possibility. It is important that you breathe normally during treatment and do not hold your breath.
- **Fatigue:** Some people may subjectively feel fatigued following therapy, but this is not a consistent finding.

Allergies

Some oxygen masks, hoods or the seals used at the Centre may contain latex or other allergic materials, if you have any allergies please advise a member of the Oxygen team.

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By signing below, you agree that you are ; self-referring and have been completely honest about your symptoms, you have read and understood the information on the potential side-effects of oxygen therapy and agree to abide by any instructions given by the chamber operator before and during the session to ensure that treatment is safe and comfortable for yourself and other members.

Sign: _____ **Date:** _____

If signing on behalf of a person wishing to have therapy, please state your relationship to them and print your name below.

Relationship: _____

Sign: _____ **Date:** _____

I have interpreted the information above, to the best of my ability, and in a way which I believe he/she has understood.

The complete protocols can be found on our website thebrightwell.org.uk

Oxygen therapy timetable and costings

Available Monday to Friday at P2 (1.5ata), P3 (1.75ata), P4 (2ata)
(normal atmospheric pressure = 1ata - atmospheres absolute)

To view the current timetable for oxygen sessions please visit our website;
www.thebrightwell.org.uk

Yearly Registration to BTC Ltd	£50
Per session	£35

For further information contact:

Angela Ball - Oxygen Therapy Coordinator

angela.ball@thebrightwell.org.uk

Direct line: 01454 628 737

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COVID-19 Safety measures



MASK

People are required to wear a protective mask, or visor, when in the Centre.



SANITISE

Upon entering use the hand sanitiser provided and follow social distancing guidelines.



RECEPTION

Report to reception to answer a couple of quick questions.

To continue protecting our members and the team from COVID - 19 anyone attending the Centre for any appointment will have to wear a protective face mask while moving around the building.

For anyone attending oxygen therapy, this can be the mask that you wear during your session. If you don't have your own oxygen mask you should wear a protective face covering until you collect a sterilised oxygen mask from the chamber operators.

For those attending physio, you can wear any protective face covering you feel comfortable in and we will provide you with a sterilised, full-face visor to wear during your session.

If you arrive at the Centre without a face mask we have single-use masks you can buy, from reception, for £1.

Our social spaces are now available for members to enjoy and between 11 am and 1 pm we will have 'Meet & Greet' volunteers here to serve hot drinks and water, the kitchen will remain closed to everyone except staff and volunteers.

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If you would like a receipt please let us know where to send it.

Where would you like the receipt for your therapy sent?

Attention of: _____

Company name: _____

Address: _____

Postcode: _____

Telephone No: _____

**PLEASE MAKE CHEQUES PAYABLE TO BRISTOL
THERAPY CENTRE**

for office use:

	Date	Staff Initials
Registration received		
Payment received		
Entered on computer		



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