



## TBI Therapy Pre-Treatment Protocol

Patient should begin the following program 3 weeks before treatment at TBI Therapy.

Each treatment and supplement are highly recommended for optimal results.

- I. **Hyperbaric Oxygen Therapy: 10-40 sessions**
  - A. Non-locals: Find an HBOT clinic ([search here](#)) or rent/purchase an at-home chamber through [TBI Therapy](#)
  - B. Locals: Schedule an appointment with our providers at 303-447-1257
  
- II. **Cranial Osteopathy: 1 session per week**
  - A. Non-locals: Find an osteopathic physician ([search here](#))
  - B. Locals: Schedule an appointment with our providers at 303-447-1257
  
- III. **EEG Biofeedback / Neurofeedback: 1 session per week**
  - A. Non-locals: Find a neurofeedback provider ([search here](#))
  - B. Locals: Schedule an appointment with Dr. Mary Ann Keatley, PhD at 303-447-1257
  
- IV. **Brainwave Training Player: 30 minutes a day**
  - A. Mailed by Dr. Hughes' office upon request
  
- V. **Supplements: Begin 15 days before PRP or stem cell treatment**
  - A. [Stem XCell by Enzymedica](#): 2 pills 2x/day  
Two bottles will be needed throughout treatment
  - B. [Brain Octane by Bulletproof](#): 1 tbsp 2x/day with meals  
Three to four bottles will be needed throughout treatment
  - C. [Elk Antler by High Wire Ranch](#): 2 pills 2x/day  
Four bottles will be needed throughout treatment
  - D. [E3 Live BrainON](#): 1 pill in am; 2 pills in pm  
One bottle will be needed throughout treatment
  - E. [Qualia by Neurohacker Collective](#): ONLY IF RECOMMENDED BY DR. HUGHES
  - F. [Mexidol](#): ONLY IF RECOMMENDED BY DR. HUGHES

Please follow up with TBI Therapy with any questions or more information about this program. TBI Therapy can deliver the supplements upon request. 303-447-1257