

Adjunctive Therapies

Acupressure

Self-administered acupressure is a form of complementary medicine to TBI. Learn how to self-administer through iteaplus.com

Acupuncture with Heidi Stoeckl L.Ac.

189 Basalt Center Cir, Basalt, CO 81621

970-379-5909

Recommended 1-2 sessions per week during treatment.

First 90-minute session = \$120

At-Home Hyperbaric Chamber

TBI Therapy

<https://tbitherapy.com/hbot-home> / 970-927-0466

Patients will need script from a physician to purchase.

General recommendations: use 1.5 hrs daily at 1.3 atmospheres (full pressure)

Brainwave Training with Binaural Rhythms

Dr. Jeffrey Thompson has created binaural rhythms specifically for head trauma. Listen to at night before bed.

[https://scientificsounds.com/sound-](https://scientificsounds.com/sound-store/?3113_product_cat%5B0%5D=383&3113_results_per_page=7&3113_orderby=option_0&3113_device=laptop&3113_filtered=true)

[store/?3113_product_cat%5B0%5D=383&3113_results_per_page=7&3113_orderby=option_0&3113_device=laptop&3113_filtered=true](https://scientificsounds.com/sound-store/?3113_product_cat%5B0%5D=383&3113_results_per_page=7&3113_orderby=option_0&3113_device=laptop&3113_filtered=true)

Chiropractic / Cranial Facial Release through the Win Health Institute with Dave Jensen

401 Tree Farm Drive, El Jebel, CO 81623

<http://winhealthinstitute.com/> 970-279-4099

Recommended 1 to 2 sessions per week as needed during treatment.

\$150 for cranial fascial release; \$65 for chiropractic adjustment

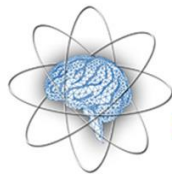
Cranial Osteopathy / Osteopathic Manual Therapy through Aspen Integrative Medicine with Dr. Hughes

227 Midland Ave, Suite 18B, Basalt, CO 81621

www.aspenintegrativemedicine.com/omt

970-927-0308

Recommended 1 to 2 sessions per week as needed during treatment.



\$225 per 45-minute session

EEG Biofeedback (Neurofeedback)

Find practitioner near you <http://eeginfo.com/member/directory.do>

Exercise with Oxygen

EWOT Therapy through Longevity Resources

Learn more about [EWOT: The Definitive Guide to Exercise with Oxygen](#)

Or Live O2 at <http://liveo2.com/> (recommended)

Float Tank through Fahrenheit Body Spa

241 Robinson St. Unit C-106, Basalt, CO 81621

<http://fahrenheitbodyspas.com/> / 970-315-1234

Recommended at least 1 session per week during treatment.

75 minutes = \$65

Low-Level Laser Therapy (LLLT)

[Click here to learn more about LLLT.](#)

Vielight Neuro Gamma \$1,749 or any devices through <http://vielight.com/brain-photobiomodulation/>

Use as directed

Meditation

This powerful tool can help mitigate the stress response and even create beneficial neuroplasticity. Attention and emotional self-regulation can be common symptoms following a TBI, which can be improved through this process of mental training.

The Headspace app for IOS and Androids is a great place to start.

Musculoskeletal PRP Injections through Aspen Integrative Medicine

227 Midland Ave, Suite 18B, Basalt, CO 81621

www.aspenintegrativemedicine.com/prp

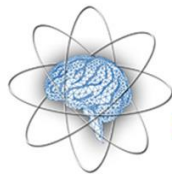
970-927-0308

Recommended for patients with neck, back, shoulder, knee, ankle, hip, elbow, or wrist injuries.

\$700 when done same day of intranasal PRP infusion; \$1400 when done separately.

Near-Infrared Light Therapy – The Head Cap Light System

[Click here to learn more about The Head Cap](#)



TBI Therapy
Regenerative Therapy for Brain Injury

Use as directed

Yoga

Yoga is more than just stretching and awkward poses. The practice of yoga incorporates the use of breath, focus, balance, and muscle strength. As a therapy for both the mind and body, yoga can bring a new focus of what one can achieve, building optimism, confidence, and balance. By quieting the mind, stress and anxiety is reduced and the body can focus on building strength and flexibility.

Check out <https://www.loveyourbrain.com/yoga/practice>