

Phelps using hyperbaric chamber to aid recovery

February 8 2012, By RACHEL COHEN , AP Sports Writer

(AP) -- Michael Phelps is the latest athlete to use a hyperbaric chamber to aid his recovery from training.

The 16-time Olympic medalist said Wednesday he had been sleeping "at 8,000 feet every night" for almost a year. The 26-year-old [swimmer](#) noticed he bounced back from [workouts](#) better when he trained at altitude, so he's trying a device that simulates that.

"We've been able to realize after going to Colorado Springs so many times that it is something that helps me recover," Phelps said. "That's something that is so important to me now being older. I don't recover as fast as I used to."

He said the chamber looked like a fish tank: "Imagine, like, a bed with a box around it."

"It's kind of strange but it's good," Phelps said during an appearance for sponsor Procter & Gamble. "I don't mind it. There's a giant door at the end of my bed. The worst thing is trying to watch TV in it. I've got to watch it through Plexiglas. It's blurry."

Phelps is preparing for what he says will be his final Olympics this summer in London. He won a record eight gold medals in Beijing in 2008.

©2012 The Associated Press. All rights reserved. This material may not

be published, broadcast, rewritten or redistributed.

Citation: Phelps using hyperbaric chamber to aid recovery (2012, February 8) retrieved 30 June 2024 from <https://medicalxpress.com/news/2012-02-phelps-hyperbaric-chamber-aid-recovery.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.