Mark, If you are reading this then your curiosity was piqued by my FB Message. That's a very good thing, as most people who suffer any type of DCS become very locked into the mind set that the event they suffered was "Underserved", albeit this does or can occur most times there are several underlying factors that present themselves quickly when looking at the facts or profile of a dive or information about that dive. Just because your computer did not get pissed off at you does not mean your hit was underserved. All you have to do is read the safety warnings of your computer manual to understand that…. (From your Operators Manual for the Aladin 2G (Diving has many inherent risks. Even if you follow the instructions of this manual in a careful manner, it is still possible that you may be seriously injured or die from decompression sickness, oxygen toxicity or some other inherent risk of scuba with Nitrox or compressed air. Unless you are fully aware of these risks and are willing to personally accept and assume responsibility for those risks, do not use Aladin 2G.)) That is exactly the case with this series of dives. This may be a routine set of dives for you and something that you may have done a thousand times, but the profile and behavior of this type of diving lends itself to a high likely hood of DCI. **Make no mistake this was a deserved hit** and I will do my best to explain why.

Let me stop to apologize as well. This is in no way meant to be a personal attack, but instead an attempt to explain what happened and why. Hopefully you find this info also worth sharing.

I want to quantify my analysis first by saying that you can check the results for yourself or talk to any deep "Certified Technical Diver" preferably one with Trimix skills and they will tell you the same thing. I'm pointing my finger at this certified group as they are familiar with deep dives and the required decompression algorithms associated with said dives. The groups such as hell divers who several have no formal education in deep diving would not be choice to discuss this with as many know what does and does not work for them but do not understand the physiology and truly why this does or does not work. You can run these profiles as I did with programs such as MultiDeco, V-Planner, or several others.

Let's cover a few things first, You mention that deep and then shallow profile dives (Lesson 2. Strict Rule, do not dive deeper than any of your previous dives.) are necessary to occur with deep first and then shallow, several articles have debunked this theory and it has gone from a golden rule to likely having no foundation. This likely stems from older Navy diving practices without computers, but today several dive studies have said this is just not the case. I've attached a couple of links but there are several more, refer to reverse profiles or deep dives first:

http://www.scubadiving.com/training/basic-skills/deepest-dive-first-not-anymore

http://www.undercurrent.org/UCnow/dive_magazine/2000/DoDeepDiveFirst200005.html

http://www.si.edu/dive/pdfs/proceedings_reversediveprofiles.pdf

Now let's talk about the exercise piece of your "Lessons", (Lesson 1. Do not do strenuous physical activity when you are Nitrogen Saturated.) this is a very valid point but applies mainly on the surface to prevent bubbles from either growing on circulating faster. Several studies have shown that light (Such as finning and arm swings) during decompression can help with bubble reduction. But I'd keep this rule, pulling an anchor after your profiles did not help your situation. Although a larger factor could have been your physical fitness, level of hydration and unfortunately the giant mystery of personal physiology (PFO, circulatory issues, etc)

Now finally let's get into the meat and potatoes. Your dives:

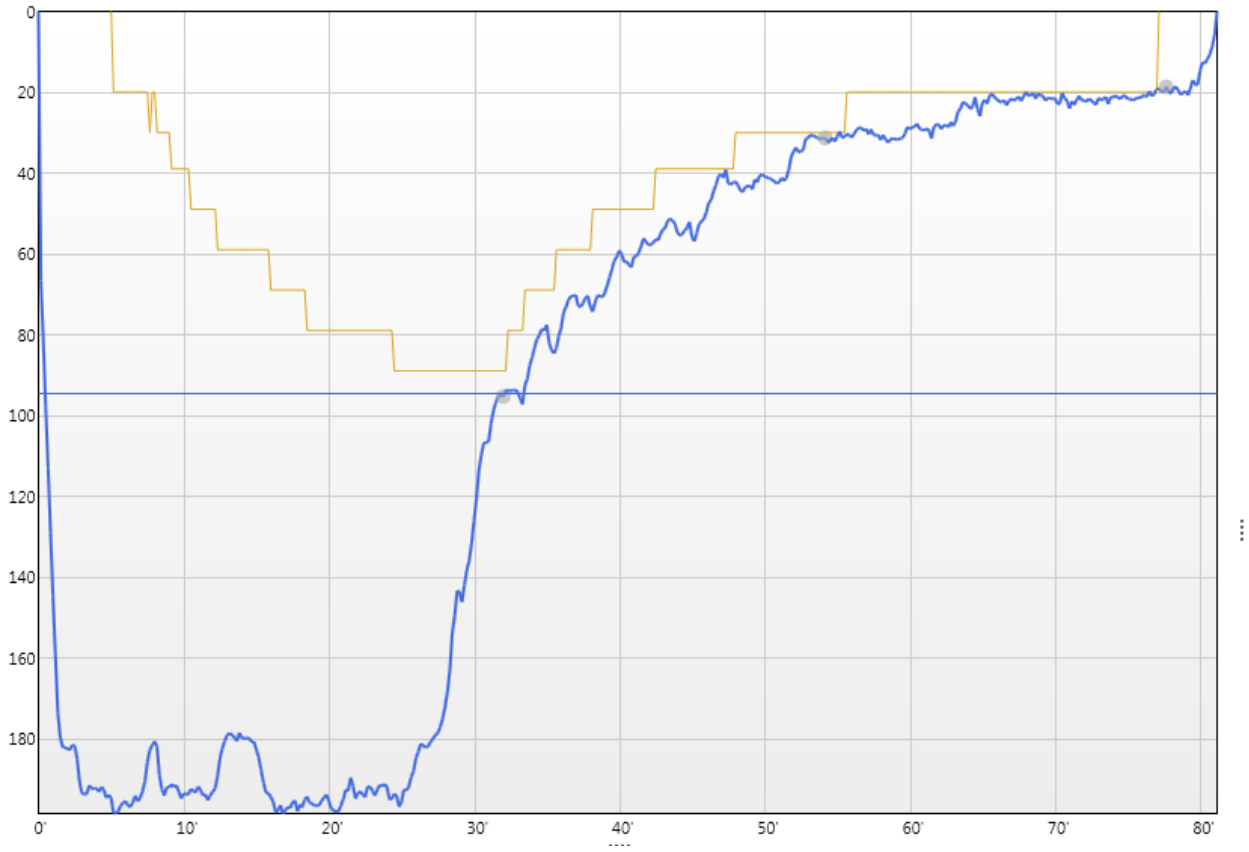
Replicating this type of diving in decompression software is difficult to say the least as it requires some fudging. Although your computer allowed you to do these dives several things standout above all others.

1) Your ascent rates for almost all your dives were far too quick, nothing will bend you quicker than ascending rapidly. In fact I believe the red lines on your profile are ascent rate alarms. Although generally speaking you

stayed close to the maximum ascent rate that your computer allowed you without question violated the ascent REQUIRED by decompression modeling.

A wise technical instructor of mine once told me that an underserved hit does not exist, the only people who took DCS hits were those who did not do enough decompression before leaving the water.

2) This is actually part of the previous as well but some of your dives do not even show a descent “Safety Stop”. I hate the term safety stop but it is a necessary evil for recreational divers. ALL dives are decompression dives, and we all decompress as we begin our ascent the key is to allow a gradually increasing ascent to flatten out. I akin this to the Nike Swoosh, No matter how long your bottom time is your ascent profile should always get progressively flatter as your reach the surface. You never want your dive to look like a ‘V’. Here is an example of one of my deep profiles which shows the type of profile desired. This type of profile becomes much more important as our depth increases.



I’m showing and explaining this up front so you understand what is being presented when you look at your planned profiles as run into decompression software. To make this profile as theoretically curved as possible we start our deeper dives as you will see by doing one minute stops as we ascend, this slows us and begins to flatten our ascent, as we continue upward we begin getting longer stops (Usually in 10 foot increments) continually flatten the profile out. Until at our out shallowest depth we (Usually 10 or 20 feet) we do a longer stop. Now I don’t want to get into a discussion of different gases and their management but we can shorten our dive time by switching to higher oxygen contents appropriate for the depth we are at. But generally speaking these gasses only aid you in getting out of the water faster. You dove Air as I understand it which makes the profiles much easier to run. Also it worth noting, that even the decompression software recognizes these dives as a bounce dive and warns of increased decompression risk, so even the software says….. You gonna get bent!

Let me add my final thoughts here: I’m sure most people would just skim the data below so I want to make sure you get the point. **This was not an “Undeserved hit”**, what I think you are saying is that your computer allowed

you to make these crazy dives, so it's not your fault. So if your computer says it's safe to ascend to the surface and you get bent does that make it undeserved? This is a question we should all ask ourselves, or maybe we should watch a Space Odyssey again?……Hello Dave! The point being is that knowledge of your diving habits and how they can affect you is better served through proper training and education, several books make this point which are incredibly helpful in understand both the physiology and proper diving techniques such as Mark Powell's "Deco for Divers", Steve Lewis's "The Six Skills and Other Discussions", and Asser Salama's "Deep into Deco", to name a few. I think this type of diving lends itself to serious risks of Decompression Sickness (DCS). I honestly feel that this type of diving is really risky and if your computer allowed you to do this dive (I'm assuming you stopped when it told you to) then you pushed your luck past the point where luck ends and trouble begins, it obvious to me by just looking at your profiles.

So here is how I ran your profile:
(133 feet for 3 minutes on 21% (Air), this looks like this in a Decompression planner 133,3,21 . So Im going to use that format to simplify the data)

Dive 1: 133,3,21
118,5,21
15,1,21
30,3,21

This results in the following profile (Cut Sheet) using a VPM model. I will attach a GF-16 as well for comparison at the end. Worth noting here is that your dive time from beginning of ascent to surface should have been very close to what you dove. Accept for a couple of ascent rate violations and what appears to be two ascents to 5 feet during your "Safety Stop" this does not appear to be a problematic dive. So let's move on.

Decompression model: VPM - B

DIVE PLAN #1
Surface interval = 5 day 0 hr 0 min.
Elevation = 0ft
Conservatism = Nominal

Dec to	133ft		(2)	Air	60ft/min descent.
Level	133ft	0:47	(3)	Air	1.05 ppO2, 133ft ead
Asc to	118ft		(3)	Air	-24ft/min ascent.
Level	118ft	5:00	(8)	Air	0.96 ppO2, 118ft ead
Asc to	15ft		(12)	Air	-24ft/min ascent.
Level	15ft	1:00	(13)	Air	0.31 ppO2, 15ft ead
Dec to	30ft		(14)	Air	60ft/min descent.
Level	30ft	2:45	(16)	Air	0.40 ppO2, 30ft ead
Surface			(18)	Air	-24ft/min ascent.

OTU's this dive: 10
CNS Total: 3.4%

40.8 cu ft Air
40.8 cu ft TOTAL

Dive 2: 150,4,21
120,1,21
156,3,21
15,1,21

Here we begin to start our problems. Although the dive is relatively short this dive has was looks like a “Safety Stop” of less than 1 minute followed by 2 minutes at 3 feet (I’m assuming you are floating on the surface). This dive should have had 6 minutes of stop time at around 20-10 feet. None of which was completed.

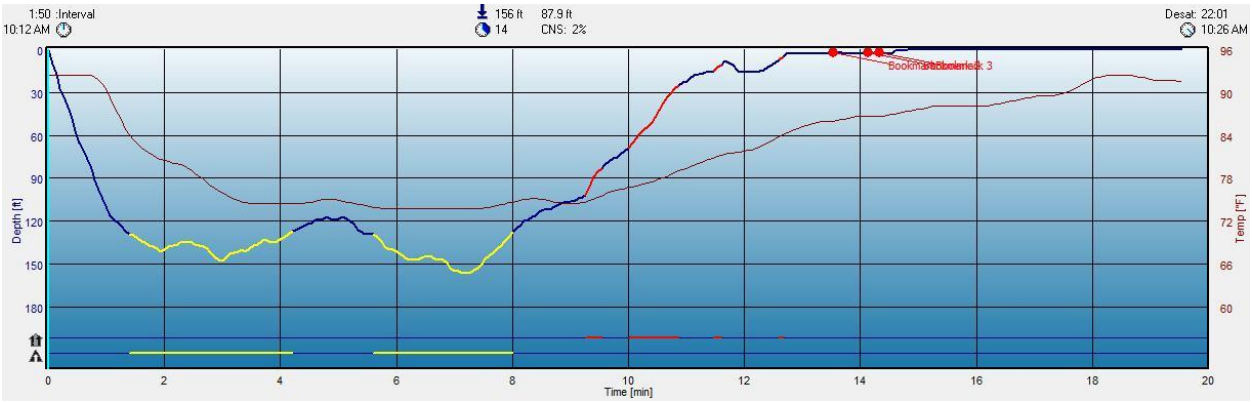
DIVE PLAN #2
Surface interval = 0 day 1 hr 50 min.
Elevation = 0ft
Conservatism = Nominal

Dec to	150ft		(2)	Air	60ft/min descent.
Level	150ft	1:30	(4)	Air	1.16 ppO2, 150ft ead
Asc to	120ft		(5)	Air	-24ft/min ascent.
Level	120ft	1:00	(6)	Air	0.97 ppO2, 120ft ead
Dec to	156ft		(6)	Air	60ft/min descent.
Level	156ft	2:24	(9)	Air	1.20 ppO2, 156ft ead
Asc to	20ft		(14)	Air	-24ft/min ascent.
Stop at	20ft	2:05	(17)	Air	0.34 ppO2, 20ft ead
Level	15ft	1:00	(18)	Air	0.31 ppO2, 15ft ead
Asc to	10ft		(18)	Air	-24ft/min ascent.
Stop at	10ft	1:33	(20)	Air	0.27 ppO2, 10ft ead
Surface			(20)	Air	-20ft/min ascent.

WARNING: Bounce dive detected. This dive has increased risk of DCS.
NOTE: This Multi Level dive requires intermediate deco stops between levels.

OTU's this dive: 14
CNS Total: 6.4%

50.7 cu ft Air
50.7 cu ft TOTAL



Dive 3: 135,3,21
4,3,21

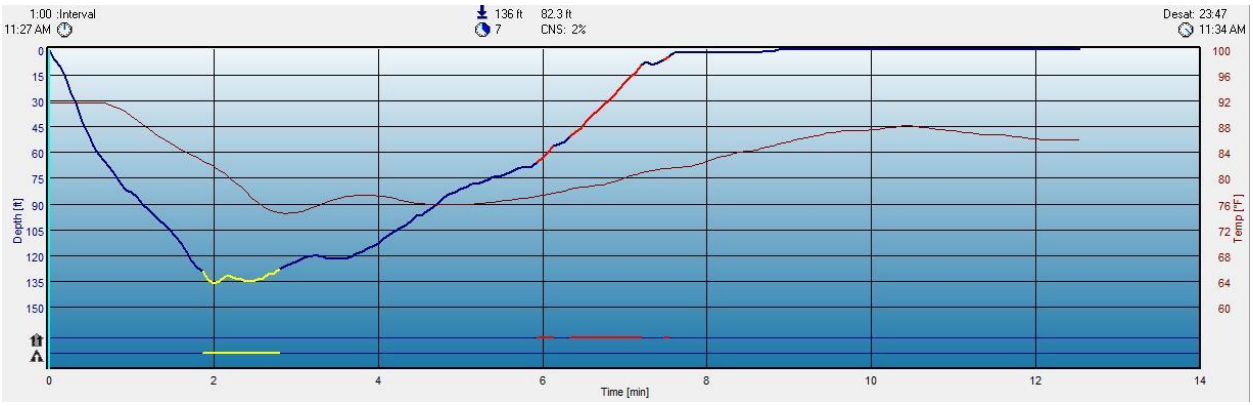
So you've missed about 6 minutes of shallow decompression already but you are still not showing symptoms and life is good for you. Now we are going back for another bounce. Again, with no "Safety Stop", which you omit. But the planner shows this as a successful dive with no issues.

DIVE PLAN #3
Surface interval = 0 day 1 hr 0 min.
Elevation = 0ft
Conservatism = Nominal

Dec to	135ft		(2)	Air	60ft/min descent.
Level	135ft	0:45	(3)	Air	1.07 ppO2, 135ft ead
Asc to	4ft		(8)	Air	-24ft/min ascent.
Level	4ft	3:00	(11)	Air	0.24 ppO2, 4ft ead
Surface			(11)	Air	-24ft/min ascent.

OTU's this dive: 6
CNS Total: 6.1%

21.8 cu ft Air
21.8 cu ft TOTAL



Dive 4: 150,4,21
125,2,21
197,3,21
90,1,21
15,3,21

Here is our real problem. This is a serious dive with serious problems. The numbers here speak for themselves. This dive should have lasted 34 minutes, yours lasted 20 minutes. And during one of the most critical phases of the dive 90-30 feet your computer shows an ascent rate alarm. Your ascent from 70 feet to the surface should have lasted 17 minutes your was 7 minutes, showing you missed 10 minutes of decompression.

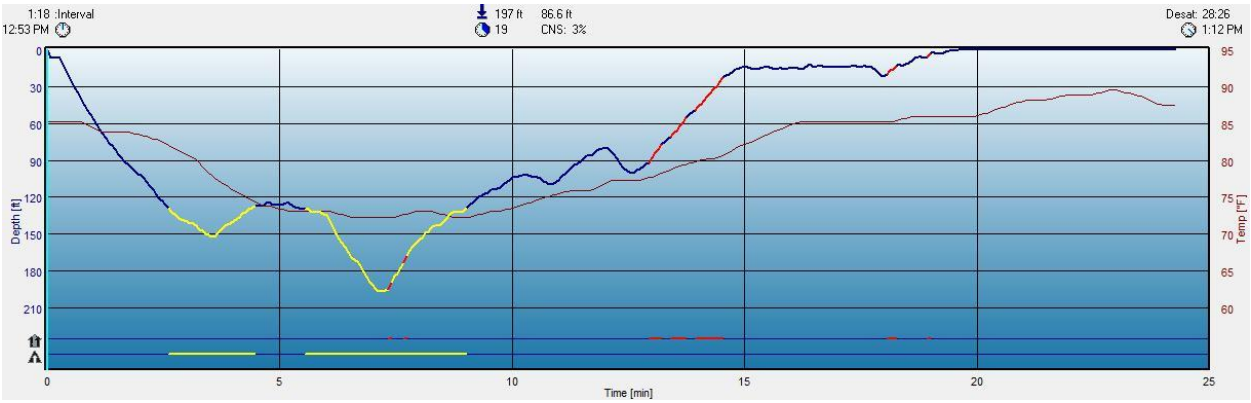
DIVE PLAN #4
Surface interval = 0 day 1 hr 18 min.
Elevation = 0ft
Conservatism = Nominal

Dec to	150ft		(2)	Air	60ft/min descent.
Level	150ft	1:30	(4)	Air	1.16 ppO2, 150ft ead
Asc to	125ft		(5)	Air	-24ft/min ascent.
Level	125ft	2:00	(7)	Air	1.00 ppO2, 125ft ead
Dec to	197ft		(8)	Air	60ft/min descent.
Level	197ft	1:48	(10)	Air	1.46 ppO2, 197ft ead
Asc to	90ft		(14)	Air	-24ft/min ascent.
Level	90ft	1:00	(15)	Air	0.78 ppO2, 90ft ead
Asc to	70ft		(16)	Air	-24ft/min ascent.
Stop at	70ft	0:40	(17)	Air	0.65 ppO2, 70ft ead
Stop at	60ft	1:00	(18)	Air	0.59 ppO2, 60ft ead
Stop at	50ft	1:00	(19)	Air	0.53 ppO2, 50ft ead
Stop at	40ft	2:00	(21)	Air	0.46 ppO2, 40ft ead
Stop at	30ft	2:00	(23)	Air	0.40 ppO2, 30ft ead
Stop at	20ft	4:00	(27)	Air	0.34 ppO2, 20ft ead
Level	15ft	3:00	(30)	Air	0.31 ppO2, 15ft ead
Asc to	10ft		(30)	Air	-24ft/min ascent.
Stop at	10ft	3:33	(34)	Air	0.27 ppO2, 10ft ead
Surface			(34)	Air	-20ft/min ascent.

WARNING: Bounce dive detected. This dive has increased risk of DCS.
NOTE: This Multi Level dive requires intermediate deco stops between levels.

OTU's this dive: 19
CNS Total: 10.4%

77.5 cu ft Air
77.5 cu ft TOTAL



Dive 5: 70,3,21
30,1,21
5,2,21

Now you have experienced signs of decompression sickness which start to resolve with O2, it's unclear how long you spend on O2, so I will assume that you stay on it your entire 2:17 minute surface interval, but I would guess that you did not have 6-7 bottles of O2 so I think you were not on it the entire time. Now recompression therapy is VERY risky, and not something that I'd suggest or recommend, but you decided to go through with it. Recompression therapy in the water or on the surface should be done with the highest PPO2 (Oxygen content) possible. The best results would have been with 100% oxygen which has a MOD (Max Depth) of 20 feet. You go to 70 feet, which means you were not on 100% and I assume you were on air. What you did here was pile Nitrogen back into your already stressed physiology…..Why? You need to get rid of Nitrogen not add it!

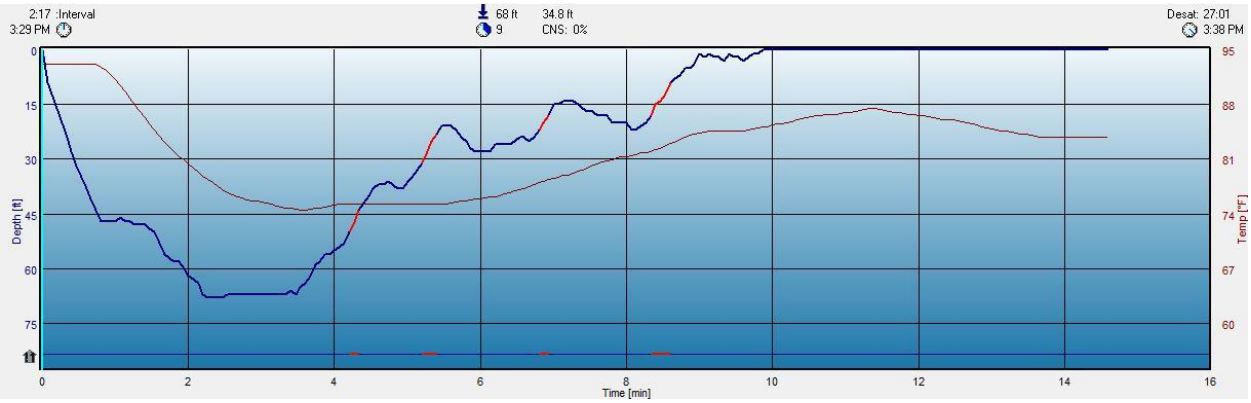
DIVE PLAN #5
Surface interval = 0 day 2 hr 17 min.
Elevation = 0ft
Conservatism = Nominal

Dec to	70ft		(1)	Air	60ft/min descent.
Level	70ft	1:50	(3)	Air	0.65 ppO2, 70ft ead
Asc to	30ft		(4)	Air	-24ft/min ascent.
Level	30ft	1:00	(5)	Air	0.40 ppO2, 30ft ead
Asc to	15ft		(6)	Air	-24ft/min ascent.
Level	15ft	1:00	(7)	Air	0.31 ppO2, 15ft ead
Asc to	5ft		(7)	Air	-24ft/min ascent.
Level	5ft	2:00	(9)	Air	0.24 ppO2, 5ft ead
Surface			(9)	Air	-24ft/min ascent.

OTU's this dive: 1
CNS Total: 4.3%

13.8 cu ft Air
13.8 cu ft TOTAL

DIVE PLAN COMPLETE



Here for reference is tables cut with ZHL16-C +GF, with GF Lo at 30 and GF Hi set at 75 (Kind of a default setting fairly conservative, but it replicates the story. You get bent!

DIVE PLAN #1
Surface interval = 5 day 0 hr 0 min.
Elevation = 0ft
Conservatism = GF 30/75

Dec to	133ft		(2)	Air	60ft/min descent.
Level	133ft	0:47	(3)	Air	1.05 ppO2, 133ft ead
Asc to	118ft		(3)	Air	-24ft/min ascent.
Level	118ft	5:00	(8)	Air	0.96 ppO2, 118ft ead
Asc to	20ft		(12)	Air	-24ft/min ascent.
Stop at	20ft	0:18	(13)	Air	0.34 ppO2, 20ft ead
Level	15ft	1:00	(14)	Air	0.31 ppO2, 15ft ead
Dec to	30ft		(14)	Air	60ft/min descent.
Level	30ft	2:45	(17)	Air	0.40 ppO2, 30ft ead
Asc to	10ft		(18)	Air	-24ft/min ascent.
Stop at	10ft	0:55	(19)	Air	0.27 ppO2, 10ft ead
Surface			(19)	Air	-20ft/min ascent.

WARNING: Bounce dive detected. This dive has increased risk of DCS.
NOTE: This Multi Level dive requires intermediate deco stops between levels.

OTU's this dive: 10
CNS Total: 3.3%

41.9 cu ft Air
41.9 cu ft TOTAL

DIVE PLAN #2
Surface interval = 0 day 1 hr 50 min.
Elevation = 0ft
Conservatism = GF 30/75

Dec to	150ft		(2)	Air	60ft/min descent.
Level	150ft	1:30	(4)	Air	1.16 ppO2, 150ft ead
Asc to	120ft		(5)	Air	-24ft/min ascent.
Level	120ft	1:00	(6)	Air	0.97 ppO2, 120ft ead
Dec to	156ft		(6)	Air	60ft/min descent.
Level	156ft	2:24	(9)	Air	1.20 ppO2, 156ft ead
Asc to	40ft		(14)	Air	-24ft/min ascent.
Stop at	40ft	0:55	(15)	Air	0.46 ppO2, 40ft ead
Stop at	30ft	1:00	(16)	Air	0.40 ppO2, 30ft ead
Stop at	20ft	2:00	(18)	Air	0.34 ppO2, 20ft ead
Stop at	10ft	3:00	(21)	Air	0.27 ppO2, 10ft ead
Surface			(21)	Air	-20ft/min ascent.

WARNING: Bounce dive detected. This dive has increased risk of DCS.

OTU's this dive: 13
CNS Total: 6.2%

51.7 cu ft Air
51.7 cu ft TOTAL

DIVE PLAN #3
Surface interval = 0 day 1 hr 0 min.
Elevation = 0ft
Conservatism = GF 30/75

Dec to	135ft		(2)	Air	60ft/min descent.
Level	135ft	0:45	(3)	Air	1.07 ppO2, 135ft ead
Asc to	4ft		(8)	Air	-24ft/min ascent.
Level	4ft	3:00	(11)	Air	0.24 ppO2, 4ft ead
Surface			(11)	Air	-24ft/min ascent.

OTU's this dive: 6
CNS Total: 5.9%

21.8 cu ft Air
21.8 cu ft TOTAL

DIVE PLAN #4
Surface interval = 0 day 1 hr 18 min.
Elevation = 0ft
Conservatism = GF 30/75

Dec to	150ft		(2)	Air	60ft/min descent.
Level	150ft	1:30	(4)	Air	1.16 ppO2, 150ft ead
Asc to	125ft		(5)	Air	-24ft/min ascent.
Level	125ft	2:00	(7)	Air	1.00 ppO2, 125ft ead
Dec to	197ft		(8)	Air	60ft/min descent.
Level	197ft	1:48	(10)	Air	1.46 ppO2, 197ft ead
Asc to	90ft		(14)	Air	-24ft/min ascent.

Level	90ft	1:00	(15)	Air	0.78 ppO2, 90ft ead
Asc to	60ft		(16)	Air	-24ft/min ascent.
Stop at	60ft	0:15	(17)	Air	0.59 ppO2, 60ft ead
Stop at	50ft	1:00	(18)	Air	0.53 ppO2, 50ft ead
Stop at	40ft	1:00	(19)	Air	0.46 ppO2, 40ft ead
Stop at	30ft	2:00	(21)	Air	0.40 ppO2, 30ft ead
Stop at	20ft	4:00	(25)	Air	0.34 ppO2, 20ft ead
Level	15ft	3:00	(28)	Air	0.31 ppO2, 15ft ead
Asc to	10ft		(28)	Air	-24ft/min ascent.
Stop at	10ft	6:33	(35)	Air	0.27 ppO2, 10ft ead
Surface			(35)	Air	-20ft/min ascent.

WARNING: Bounce dive detected. This dive has increased risk of DCS.
NOTE: This Multi Level dive requires intermediate deco stops between levels.

OTU's this dive: 18
CNS Total: 10.2%

77.2 cu ft Air
77.2 cu ft TOTAL

DIVE PLAN #5
Surface interval = 0 day 2 hr 17 min.
Elevation = 0ft
Conservatism = GF 30/75

Dec to	70ft		(1)	Air	60ft/min descent.
Level	70ft	1:50	(3)	Air	0.65 ppO2, 70ft ead
Asc to	30ft		(4)	Air	-24ft/min ascent.
Level	30ft	1:00	(5)	Air	0.40 ppO2, 30ft ead
Asc to	15ft		(6)	Air	-24ft/min ascent.
Level	15ft	1:00	(7)	Air	0.31 ppO2, 15ft ead
Asc to	5ft		(7)	Air	-24ft/min ascent.
Level	5ft	2:00	(9)	Air	0.24 ppO2, 5ft ead
Surface			(9)	Air	-24ft/min ascent.

OTU's this dive: 1
CNS Total: 4.2%

13.8 cu ft Air
13.8 cu ft TOTAL

DIVE PLAN COMPLETE

********* WARNING & DISCLAIMER *********
This MultiDeco generated dive schedule could indirectly kill you.
The author does not warrant that it accurately reflects the selected
decompression model algorithms, that it won't get you bent or dead, or that it
will produce safe, reliable results. This dive schedule is experimental
and you use it at your own risk. Diving in general is fraught with
risk, and decompression diving adds significantly more risk.

Deep diving utilizing multiple gasses, including Helium, is about as risky as it gets.

This schedule is not intended for uneducated users. MultiDeco and the decompression schedules it produces are tools for experienced mixed-gas decompression divers ONLY. If you have not been properly trained in mixed-gas decompression diving by an internationally recognized technical certification agency and/or don't have a firm handle on decompression planning and mixed-gas diving, then DO NOT USE THIS DIVE SCHEDULE.

Your Comments for reference:

Decompression Sickness - My Experience - What to Learn from It

August 20, 2016

Lesson 1. Do not do strenuous physical activity when you are Nitrogen Saturated.

Lesson 2. Strict Rule, do not dive deeper than any of your previous dives.

This was a case of a diver staying within his Dive Computer Calculations but still getting bent. Dive calculations are complex and cannot be applied to every person and every condition the same. For this reason, adjustments should be made for your situation and certain rules, such as the two lessons I outlined above, must be followed. I have been scuba diving since 1977 and it is easy to get complacent as the years go by without any mishaps. In the real world, this time is exactly when you should be paying closer attention to details since your body is getting older and less physically fit. It only takes one mishap to ruin your day and in some cases your life. So I am posting this information so that it may help others. Often Diving Accidents go by without good detailed information that others can learn by. I hope that other Divers can learn from my pitfalls.

I am Mark Primo Miller, 56 years old at the time of this writing. I was certified as a Scuba Diver in 1977. I have made countless "Air" dives since then being very active in the sport year after year (http://youtube.com/markprimo). This day's dive profile was not that much different from many previous trips with the exception that I broke my guideline of not diving any deeper than the previous dives conducted that day. This has always been a guidline more than a rule, but after this experience, it has now become a rule for me. What was different, was that I became physically strained immediately after a nitrogen saturation dive. I believe this was the main trigger of DCS for me. If you are on a dive boat and notice someone not resting after a saturation dive, please speak up and don't let it happen. Tell them about my experience. I wasn't even thinking, I just went to do what I thought needed to be done. I was used to diving on my own boat where I would have been at the helm and my deck hands would handle the anchor. Now I know to be observant of what my help is doing immediately following their dives.

My initial treatment thus far has involved immediate Oxygen on the boat and then being placed in a hyperbaric container at Gulfport Memorial Hospital and experiencing a simulated 5 hour dive to 60 feet on 100% Oxygen. Every thirty minutes or so, I was asked to breath thru a separate face mask that contained straight air for about 5 minutes, probably to prevent Oxygen Toxicity. The good part of this treatment was that pretty much all the symptomatic pain was relieved very quickly. The hard part was the sleep deprevation inflicted following a long day out in the Sun. Following treatment, my symptoms had vanished. However, if they return, I was told I would have to endure a deeper dive at a chamber in New Orleans.

I write this on the following day of the incident and may not even be out of the woods yet. But everyone keeps asking for details and it could also be useful for Doctors if I have to undergo more treatment. Currently the arm feels sore but not the previously experienced pain level.

I have downloaded my dive computer and posted the dive profiles below with an explanation of the dives.

Dive Profile #1. The purpose was to replace a Sensor that measures Oxygen, Salinity, and Temperature every 15 minutes. I had been working cooperatively with USM (University of Southern Mississippi) and MGFB (Mississippi Gulf Fishing Banks) to help collect this data this past Summer. This was a dive on the Jumbo Barge at MGFB's deepest Fish Haven, FH-7. The bottom here is at 135 feet with the Sensor mounted on the bow at about 116 feet. This was a no-decompression dive.

Dive Profile #2. Following the above work, we went out deeper to hunt Scamp Grouper with Spearguns. We chose this species because our Government keeps closing other species. Our most popular and abundant species of fish, Amberjack, Red Snapper, and Triggerfish, were all closed. Unfortunately, Scamp Grouper inhabit deeper waters. We were diving the Louisiana 34 Cutoff Rigs in block MP243 very close to well known block MP265. This was one of our favorite locations to hunt Scamp Grouper. The water is deep (198 feet) but the structure of the cutoffs rise to about 115 feet. We often don't need to goto the bottom to spear these fish. My dive was successful as I brought up a beautiful Scamp Grouper. This was also a no-decompression dive.

Dive Profile #3. This was a similar dive to #2. I was once again successful and brought up a beautiful Scamp Grouper. This was also a no-decompression dive.

Dive Profile #4. This was the culprit dive. We had decided to drop anchor as we had a large chum bag full of Shrimp Cull we got from a boat on the way out. We dropped the bag down the anchor line and was hoping to attract some Scamp to it. My dive buddies, Bob Brown and Skip Roberts, went first and came up with 2 nice Scamp Grouper. I tended the boat and then dove solo after they completed their dive. Upon arrival I spotted a very large Scamp but could not get a good shot. Realizing the anchor may be hung in the wreck and that there could be a nice fish down there, I bounced down to the bottom and pulled the anchor out of a hang and layed it on top of the structure. I did not want to fight the weight to bring it up. I did not see any fish to shoot and with my computer showing 0 mins no-deco time, I decided to surface. By the time I reached 10 feet, my computer showed that I required a 2 minute Deco at 10. After fulfilling that obligation, I continued an additional 2-3 minutes for safety. Upon boarding the boat, I advised that we probably should get our anchor up before it got hung again. Skip began pulling the Anchor while Bob piloted. Since I knew what the situation was with the anchor, I went up and gave directions as Skip and I got very physical hoisting the line that was obviously hanging structure again. Somewhere into the job I felt pain in my left shoulder. Thinking I had pulled a muscle, I advised Skip to please finish the task which he did. We left that location and proceeded North toward home and State Water Red Snapper. After about a mile or two I realized my shoulder was not a pulled muscle and also noticed pain in my elbow and wrist. I had my buddies stop the boat advising them of my peril and thinking I should decend back into the water. They advised that they had Oxygen on the boat so I immediately started that treatment and the symptoms were significantly retarded. This verified that my problem was indeed DCS. I continued on the Oxygen for much of the ride north.

Dive Profile #5. After running over 40 miles north, we stopped on the Barataria Bay Pogie Boat in FH-13. I had recently replaced a flag there and wanted to see it and at the same time see if a shallow dive and some extra deco time would help my problem. I descended to the flag and then took a peek inside the wheelhouse. I was distracted some by a half dozen lionfish having a party in there and then proceeded up to spend time betwen 30 and 5 feet. My symptoms vanished and I boarded the boat claiming I was cured. However over the next few hours, the symptoms returned. Upon arriving at the dock, I began seeking advise and eventually visited Gulport Memorial Hospital for Hyperbaric Treatment.

Mark Primo Miller, P.E.

228-218-9523

http://primofish.com

http://primoengineering.com

YouTube

FaceBook