In this article, the author discusses the importance of technical diving and the role of decompression in this field. The author emphasizes the need for technical divers to have a solid understanding of decompression practices and to be cautious when adjusting decompression tables.

The author also addresses the common practice of adjusting decompression tables, which can lead to a phenomenon known as ‘deep stop’ diving. This practice is often done to avoid bubble formation, but it can also lead to longer decompression times and increased risk of decompression sickness.

The author provides examples of studies that have been conducted to investigate the effects of deep stop decompression. These studies have shown that deep stop decompression can lead to increased bubble formation and other decompression sickness symptoms.

The author concludes by reiterating the importance of technical diving and the need for divers to have a thorough understanding of decompression practices. They also encourage divers to share their knowledge and experiences with others in the field.

In summary, the author provides a valuable contribution to the understanding of decompression practices in technical diving and emphasizes the importance of continuing education and sharing knowledge in the field.