

# THE NORTHWEST WELLBEING HUB



## HYPERBARIC OXYGEN THERAPY **CHRONIC PAIN**

### KEY POINTS

- Reduced inflammation
- Enhanced tissue healing
- Improved oxygenation and circulation
- Pain modulation
- Support for neuropathic pain

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## CHRONIC PAIN

1. **Reduced inflammation:** HBOT has anti-inflammatory effects, which can help reduce inflammation associated with chronic pain conditions. By reducing inflammation, HBOT may alleviate pain and discomfort in affected areas.
2. **Enhanced tissue healing:** HBOT promotes tissue healing by increasing oxygen supply to damaged or injured tissues. It can stimulate the growth of new blood vessels (angiogenesis) and support the repair of damaged cells. This healing effect can potentially alleviate chronic pain resulting from tissue damage or injuries.
3. **Improved oxygenation and circulation:** HBOT involves breathing pure oxygen in a pressurized chamber, leading to increased oxygen levels in the bloodstream. This increased oxygenation can improve blood flow and oxygen delivery to tissues, enhancing cellular metabolism and promoting pain relief.
4. **Pain modulation:** HBOT can influence pain signaling pathways in the body. It has been suggested to affect neurotransmitters and modulate the transmission of pain signals, potentially reducing the perception of pain. This modulation of pain signals may provide relief for individuals with chronic pain conditions.
5. **Support for neuropathic pain:** Neuropathic pain, caused by nerve damage or dysfunction, can be challenging to manage. HBOT has shown promise in relieving neuropathic pain by promoting nerve regeneration and reducing inflammation in the nervous system. This can help improve the symptoms associated with neuropathic pain and enhance overall pain management.



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