

Chronic Pain

Chronic pain is pain that persists or recurs for over three months, often continuing beyond the expected period of tissue healing. It results from complex interactions involving central sensitization, neuropathic mechanisms, and altered nociceptive processing. Unlike acute pain, which serves a protective function, chronic pain is considered a distinct condition that can significantly impact physical and emotional well-being. Examples include fibromyalgia, chronic back pain, and neuropathic disorders.



[Refer a Patient](#)

[Get Printable Version of this Page](#)

Are you a Patient? **[View Patient version of this page](#)**

How Hyperbarics Helps



Alleviates chronic pain by modulating central nervous system mechanisms,



Increases tolerance to pain through effects on conditioned pain modulation, surpassing

decreasing hypersensitivity in conditions such as fibromyalgia.



Improves brain activity in key areas (prefrontal and temporal regions), contributing to functional restoration and symptom relief.



Provides effective pain relief without the risks of long-term opioid use, making it a viable

standard pharmacological treatments.



Releases nitric oxide and endogenous opioids (e.g., dynorphin), which inhibit pain signals in the spinal cord and brain.

HBOT reduces central sensitization and promotes neuroplasticity for chronic pain management

Hyperbaric oxygen therapy (HBOT) has demonstrated potential in managing chronic pain, particularly fibromyalgia, by reducing central sensitization and improving symptoms. Studies show HBOT can outperform pharmacological treatments such as pregabalin and duloxetine, especially in fibromyalgia patients with histories of childhood trauma, improving physical,

emotional, and functional outcomes.

Additionally, HBOT enhances neuroplasticity by increasing pre-frontal and temporal brain activity, correlating with symptom relief. Its mechanism includes activating nitric oxide and endogenous opioids, providing significant pain relief while avoiding the side effects of opioids, making it a promising adjunct in comprehensive pain management strategies.

Research Studies

Journal of Clinical Medicine

Hyperbaric Oxygen Therapy (HBOT) shows promise in managing chronic pain by targeting central sensitization in fibromyalgia.

Hyperbaric oxygen therapy (HBOT) has shown potential in managing chronic pain, particularly in conditions like fibromyalgia, by reducing central sensitization and improving symptoms. HBOT should be part of a comprehensive biopsychosocial approach to pain management, emphasizing the central nervous system's role in chronic pain mechanisms.

[Read more](#) →

Scientific Reports. 2024

HBOT outperforms traditional pharmacological treatments in fibromyalgia, particularly for patients with a history of childhood trauma.

Hyperbaric oxygen therapy (HBOT) offers significant advantages for managing fibromyalgia syndrome (FMS), particularly in patients with a history of childhood sexual abuse (CSA). Compared to standard pharmacological treatments (Pregabalin and Duloxetine), HBOT demonstrated superior improvements in physical, emotional, and functional outcomes, as measured by Fibromyalgia Impact Questionnaire (FIQ) scores, pain thresholds, and conditioned pain modulation. HBOT also increased brain activity in pre-frontal and temporal regions, correlating with symptom relief and suggesting a neuroplasticity effect. These findings underscore HBOT's potential as an effective therapeutic approach for chronic pain in FMS, with benefits extending beyond symptom reduction to neural functional restoration.

[Read more](#) →

Department of Anesthesia and Pain
Management, Toronto General
Hospital, University Health Network,
Toronto

HBOT provides effective pain relief by stimulating natural painkillers and enhancing brain activity, offering a safe alternative to opioids.

HBOT has been shown to effectively reduce pain in animal models. It works by stimulating the release of natural pain-relieving chemicals in the body, including nitric oxide (NO) and endogenous opioids like dynorphin. These chemicals interact with specific receptors in the spinal cord and brain to block pain signals.

HBOT offers several advantages for chronic pain management. It taps into the body's natural pain control systems, providing both short-term and longer-lasting pain relief without the side effects of opioid drugs. HBOT may be a useful option, particularly for patients who do not respond well to or want to avoid long-term opioid medication.

Patient Experiences

Listen to what real patients have to say about their experiences.

”

Jennifer had osteomyelitis of the lower jaw (mandible), which proved difficult to heal. Her teeth were becoming loose, and her doctor thought she would need surgery. However, he prescribed hyperbaric oxygen therapy before the surgery, and after 60 treatments, her chronic refractory osteomyelitis healed completely, regrowing bone in her mandible. Jennifer was able to keep her teeth, and was able to return to her active lifestyle, hiking regularly with her husband.

Jennifer, 68

Hyperbaric oxygen therapy eliminated the need for

Physicians: Refer a Patient

Refer a patient in three easy steps.

1

You Submit Your Patient's Information

As a provider, your office fills out and faxes back the Patient Referral Form. Have questions? Call us!

2

We Get Authorizations

We ensure the patient understands the treatment and follows the prescribed protocol to

get the patient on the road to recovery!

3

Patient Starts HBOT

Our medical staff meets with the patient to ensure that HBOT treatment is appropriate and contacts Medicare or private insurance to receive authorization.



Patient Referral Form

Call Us: (408) 359 1731

Related Articles

Check out the following articles, which may also be relevant to your search

 Generic

RESEARCH

Hyperbarics effective against Avascular Necrosis (AVN)-Osteonecrosis

Read now →



TREATABLE CONDITION

Hyperbarics Heals Diabetic Wounds and Foot Ulcers

Read now →

TREATABLE CONDITION



Sores, Injuries and Non- healing Wounds

We've healed thousands of patients with stubborn and non-healing wounds over the last 24 years

Read now →

Research on Hyperbaric Oxygen Therapy

To learn more about HBOT, take a look at our FAQs.

What is Hyperbaric Oxygen Therapy?

Does HBOT kill cancer cells?

What is the CPT code for HBOT?

Does Medicare cover HBOT?

Can HBOT help Neuropathy?

Why would a physician consider HBOT?

What is Hypebaric Oxygen Therapy?

**Have more
Questions?**

[See all FAQs](#)



CONTACT US

Leave us a message and we'll get back to you as soon as possible.

[Schedule Free Consultation](#)

FIND US HERE

San Jose/Los Gatos Clinic
14589 South Bascom Avenue,
Los Gatos, CA 95032

PH: 408-359-1731

[Get Directions](#) ↗

TREATMENT HOURS

Mon-Fri: **5:30 am – 8:00 pm**

Sat & Sun: **8:00 am – 2:30 pm**

BILLING HOURS

Mon-Fri: **9:00 am – 4:00 pm**

NEW PATIENTS

Mon-Fri: **8:00 am – 5:00 pm**

©2025 Bay Area Hyperbarics. All Rights Reserved

