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What hyperbaric oxygen therapy can offer to those suffering from nerve damage

[Other Medical Conditions and HBOT](#) | Published: March 30th 2023, 02:04PM

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Explore what you need to know about peripheral neuropathy and how it can be treated

With estimations finding that **20 million Americans suffer from nerve damage**, people experiencing excruciating nerve pain need to be familiar with all treatments options available to them. [1]

Continue reading to learn about nerve damage and how hyperbaric oxygen therapy can help those who are suffering.

What is nerve damage?

Nerve damage, also called peripheral neuropathy, is a general term for nerve diseases that affect the nerves outside the brain or spinal cord. These nerves are called peripheral nerves, and they send messages from the brain and spinal cord to the rest of the body such as that your feet are cold or your muscles need to move

to walk. [2,3]

When peripheral nerves are damaged, the brain's ability to communicate with muscles and organs is negatively affected. [3]

What causes nerve damage?

Peripheral neuropathy can occur for many different reasons such as:

- Unmanaged type 2 [diabetes](#)
- [Excessive use of alcohol](#), especially over long periods of time
- Autoimmune disorders like lupus and rheumatoid arthritis
- Inflammatory conditions such as Guillain-Barré syndrome
- Deficiencies in certain vitamins and nutrients
- Exposure to medications and toxins like

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- And more [2,3]

What are the symptoms of nerve damage?

Nerve damage can cause a variety and range of severity in symptoms depending on the amount and location of nerves affected in the body. The symptoms of peripheral neuropathy are categorized into:

- **Motor** such as muscle weakness and paralysis, muscle atrophy, and uncontrolled muscle movements
- **Sensory** such as tingling, numbness, imbalance, and pain
- **Autonomic** such as blood pressure changes, excessive or limited sweating, bowel and

bladder issues, and sexual dysfunction [2,3]

How is nerve damage treated?

Nerve damage is treated differently depending on its cause and the patient's medical history and personal preferences. It's essential for patients to work closely with their healthcare provider to construct a treatment plan that will heal and manage their pain as effectively as possible. [2,3]

The most common peripheral neuropathy treatment options include:

- Medications
- Surgery
- Physical therapy
- Braces, canes, and special footwear to prevent complications
- Specialized treatments from a podiatrist [2]

How can hyperbaric oxygen therapy help patients with nerve damage?

In addition to traditional treatment options, hyperbaric oxygen therapy (HBOT) can be utilized to help patients with damaged nerves heal. By exposing the body to an atmosphere of 100% oxygen, nerve growth and regeneration is effectively stimulated by increasing blood flow and oxygenation to the damaged areas.

A recent study's findings indicated that HBOT alleviated neuropathic pain by increasing spinal autophagic flux, effectively providing pre-clinical evidence that HBOT is a safe clinical treatment for nerve damage. [4]

Are you ready to heal well and feel well with hyperbaric oxygen therapy?

With our qualified team, highest safety standards, comfortable environment, and commitment to welcoming all patients, our team at Hyperbaric

Healing Treatment Center is ready to support you in your healing journey.

Our state of the art Sechrist 3600 monoplace hyperbaric chambers are made of clear acrylic and equipped with streaming capabilities so you can relax and watch your favorite TV show during treatment.

Our team of hyperbaric specialists are ready to answer any questions you may have before your treatments! **We welcome you to [contact us today](#).**

Sources:

- 1: [WebMD | Nerve Pain and Nerve Damage](#)
- 2: [Cleveland Clinic | Peripheral Neuropathy](#)
- 3: [Mayo Clinic | Peripheral nerve injuries](#)
- 4: [National Library of Medicine | Hyperbaric oxygen treatment attenuates neuropathic pain by elevating autophagy flux via inhibiting mTOR pathway](#)

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