

FAST FACTS

Hyperbaric oxygen therapy

HBOT | mHBOT

What

Hyperbaric oxygen therapy (HBOT) and mild hyperbaric oxygen therapy (mHBOT) involves lying in a pressurised oxygen chamber and breathing in higher concentrations of oxygen. Mild HBOT uses pressures between 1.1 - 1.5 times the normal atmospheric pressure which is approximately equivalent to diving to a depth of up to 5 meters. HBOT on the other hand can achieve pressures up to 3 times normal atmospheric pressure.

How it works

Hyperbaric oxygen therapy involves breathing in higher concentrations of oxygen (up to 100% pure oxygen) under increased atmospheric pressure inside a hyperbaric chamber. Under pressure more oxygen is able to pass from the lungs into the blood, where more oxygen is able to attach to the haemoglobin of the red blood cells.

The oxygen rich blood circulates throughout the body and increases the concentration of oxygen in the tissues and cells of the body, improving oxygen dependent metabolic processes and reducing oxidative stress.

Pros

- Reduces inflammation
- Improves oxygen dependent cellular metabolism
- Stimulates stem cell activity
- Improves immune function
- Improves nerve cell function
- Antimicrobial to help treat or prevent infections
- Improves exercise and injury recovery



Cons

- Each session takes up to 1 hour (in some cases longer) and often multiple sessions are required to derive the maximum benefit
- Some people may feel uncomfortable or claustrophobic inside the hyperbaric chamber

Contraindications

Consultation with an appropriately qualified health professional is required. People currently taking or who have a history of taking certain medications, and people with certain medical conditions are not recommended to undergo any form of hyperbaric oxygen therapy.

Learn more

[Mild Hyperbaric Oxygen Therapy \(M-HBOT\): mechanisms and effect](#)