

Case Studies- Treating Reflex Sympathetic Disorder (RSD) with Hyperbaric Oxygen Therapy

Regina, a 28-year-old female suffering from RSD, Reflex Sympathetic Dystrophy, for years with extreme pain to the point that some days her own clothes were painful on her body. She was also sensitive to light and had to walk with a walker due to the pain in her legs. She also suffered severe depression and anxiety and was unable to sleep. She was treated with numerous nerve blocks, countless narcotics and other treatments without success.

Regina began treatments in a portable chamber at the insistence of her friend, who was using hyperbaric in her home for RSD. She began hyperbaric therapy every other day for 60 minutes and felt changes immediately upon use. Her pain subsided greatly while in the chamber, but the next day, the pain gradually returned. She increased her treatments to every day and saw changes not only to her pain level, but also felt less depressed and anxious and was able to fall asleep at night. After a few weeks of therapy, she gradually weaned off the pain medication and reported feeling better than she had in years. Regina no longer needed a walker, lost her sensitivity to light, and as a side benefit, attributes a 20 pound weight loss and clearing of severe adult acne to her use of hyperbaric therapy.

With her RSD under control, Regina now has a full time job, something she never dreamt she could handle. She continues maintenance sessions of hyperbaric oxygen therapy 3 times a week or more and enjoys a pain free life.

Laura, A 52 year old female with RSD, suffered from severe pain (stabbing, aches, burning, pins and needles) over 75% of her body, developed Osteoporosis and used a wheelchair for mobility. She endured countless treatments, medications, physical therapy, nerve blocks and other gadgets recommended by her insurance physician but they did not relieve her symptoms. She suffered from extreme pain, fatigue, loss of appetite, digestion problems, skin problems including wounds that would not heal, changes in skin color and rashes, and severe neurological dysfunction. Although her chronic pain physician told her hyperbaric would be ineffective, she talked to many others with RSD and other pain conditions that saw relief with hyperbaric and began her treatments.

Laura saw immediate results with hyperbaric therapy after the first treatment and was able walk without a wheelchair and had a marked decrease in pain. She soon reported an increase in strength and was pain free after a week of hyperbaric therapy sessions. She began a protocol of hyperbaric every other day for 60 minutes. Her skin rashes and wounds have healed, her normal skin color and mental alertness has returned. Laura's loss of appetite disappeared and her digestion problems subsided. She now feels as good as before her illness onset and has started a home based business. She continues to do maintenance sessions three times a week using a home hyperbaric chamber.

Mike a 33 year old diagnosed with Reflex Sympathetic Dystrophy and had great difficulty walking and loss of strength. He also had severe pain and was often sensitive to the slightest touch. He had received both epidural and sympathetic blocks but the pain continued and seemed to intensify after he received the blocks. He received other treatments, which helped in dulling the pain, but nothing could completely remove the pain.

Mike began hyperbaric oxygen therapy after a suggestion from a friend who is a Physician. During the first one-hour treatment session, he estimated that his pain was reduced by about 85%. After subsequent treatments, he was able to walk, had increased strength and had no pain complains whatsoever. After two months of initial therapy, mike continues his hyperbaric therapy sessions on a weekly basis.