



Hyperbaric Oxygen Therapy- Administrative Forms

CLIENT PROFILE

Full Name: _____

Date of Birth: _____

☐ Male ☐ Female

Address: _____

City: _____ State: _____

E-mail address: _____

Phone No: _____ Alt. Phone No: _____

Occupation: _____

Emergency Contact Name, Relation, & Phone Number:

How did you hear about us?: _____

Current Health Concerns (in order of priority)

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

CLIENT PROFILE - MEDICAL HISTORY

Please answer the following questions about your past or present medical history with Yes or No. If you are not sure, answer YES.

☐ **Yes** ☐ **No** Could you be pregnant, or are you attempting to become pregnant? - **Note: you cannot go in if you are pregnant**

☐ **Yes** ☐ **No** Do you currently have an ear infection, significant sinus congestion, fever, chest infection, COVID-19, influenza or significant respiratory illness? - **Note: book after it has cleared up**

☐ **Yes** ☐ **No** Have you been diagnosed with COPD, emphysema, severe asthma, pulmonary fibrosis, bronchiectasis or another chronic lung disease?

☐ **Yes** ☐ **No** Has your resting oxygen saturation (SpO₂) ever been measured below 90% on room air, or do you normally require supplemental oxygen?

☐ **Yes** ☐ **No** Have you ever had a collapsed lung (pneumothorax), or has a doctor told you you have lung blebs, bullae or air cysts?

☐ **Yes** ☐ **No** Have you had chest or lung surgery within the past 12 months, or any ongoing complications from previous chest surgery?

☐ **Yes** ☐ **No** Have you been diagnosed with heart failure, significant heart disease, or been admitted to hospital for a heart condition within the past 12 months?

☐ **Yes** ☐ **No** Do you have uncontrolled high blood pressure (resting blood pressure consistently $\geq 180/110$ mmHg despite treatment)?

☐ **Yes** ☐ **No** Do you have a pacemaker, implanted defibrillator, deep brain stimulator, cochlear implant or any other implanted electronic medical device?

☐ **Yes** ☐ **No** Have you had ear or sinus surgery within the past 12 months?

☐ **Yes** ☐ **No** Have you had epilepsy, seizures, or an unexplained loss of consciousness within the past 5 years?

☐ **Yes** ☐ **No** Do you have diabetes that is poorly controlled or difficulty recognising low blood sugar?

☐ **Yes** ☐ **No** Are you currently receiving chemotherapy, immunotherapy or radiation therapy for cancer?

☐ **Yes** ☐ **No** Have you been diagnosed with cancer within the past 12 months?

☐ **Yes** ☐ **No** Have you had a recent chest injury (including fractured ribs) within the past 3 months?

☐ **Yes** ☐ **No** Have you started any new prescription medication (excluding antibiotics with are now completed) within the past month, or are you taking medication that may increase seizure risk?

☐ **Yes** ☐ **No** Do you currently have unexplained tooth or jaw pain, a dental infection or abscess, an untreated cavity, a cracked tooth, a loose or temporary filling/crown, unfinished root-canal treatment, or have you had a tooth extraction, dental implant or other oral surgery within the past four weeks?

I testify that the information I have provided is true and accurate to the best of my knowledge.

Signature: **Date:** _____

HYPERBARIC OXYGEN THERAPY - CONSENT FORM

I hereby consent and authorize Wellness Embodied staff to administer hyperbaric oxygen therapy (HBOT) to me. In doing so, I acknowledge the following:

I have informed staff of my current health status, medications, and therapies, and agree to keep staff updated on any changes at every session. **Initial:** _____

I have read and understand the "Frequently Asked Questions" section below and will comply with its instructions. **Initial:** _____

Potential Risks of HBOT include: eardrum/sinus discomfort or damage, reversible vision changes, fatigue, confinement anxiety/claustrophobia, collapsed lung/pneumothorax, lung damage, fluid accumulation in the lungs, heart failure, low blood sugar in diabetics, and cataract maturation. **Initial:** _____

I, the undersigned, do hereby understand, acknowledge, and agree to hold harmless Wellness Embodied and its practitioners should I fail to provide the necessary information for safe and proper treatment.

"Necessary information" includes, but is not limited to, any medical diagnosis, medical concerns, or prescription medications, controlled substances, alcohol, homeopathic remedies, vitamins, and any other over-the-counter items I am currently taking or have been prescribed, that could affect my treatment.

Failure to inform Wellness Embodied of any such necessary information, or of changes to it before each treatment, shall render Wellness Embodied and its practitioners harmless for any illness, injury, accident, and/or death that may occur.

Print Client Name: _____

Client Signature: **Date:** _____

FREQUENTLY ASKED QUESTIONS

What Is Hyperbaric Oxygen Therapy (HBOT)?

HBOT involves relaxing in a pressurised chamber while breathing oxygen-rich air. The increased pressure helps your body absorb more oxygen, which supports its natural healing and recovery processes.

It works by increasing the air pressure inside the chamber to higher than normal atmospheric levels. This allows more oxygen to dissolve into your blood plasma, so it can be carried throughout the body more efficiently.

Once delivered to your tissues, the increased oxygen supports your body's natural healing mechanisms. It helps provide cells with the energy they need for repair, supports healthy blood vessel function, and assists the body's normal response to inflammation and recovery. The effects continue even after your session has ended, as your body uses the additional oxygen to support ongoing repair and regeneration.

What Is HBOT Used For?

- General health and wellbeing
- Recovery after exercise and athletic performance
- Fatigue and low energy
- Recovery from injury
- Muscle soreness and inflammation
- Wound healing and tissue repair

- Concussion and mild traumatic brain injury recovery
- Stroke rehabilitation
- Long COVID recovery
- Chronic fatigue
- Fibromyalgia
- Neurological conditions such as multiple sclerosis and Parkinson's disease
- Healthy ageing and cognitive wellness

Are there any risks to HBOT?

Hyperbaric oxygen therapy is a simple, non-invasive procedure with an excellent safety record. Serious adverse reactions are very rare, especially at lower dosages. As with any therapy, there are some potential risks and side effects.

The most common side effect is temporary pressure or discomfort in the ears or sinuses as the chamber is pressurised or depressurised, similar to the feeling experienced during air travel. This can usually be managed by equalising your ears.

Less commonly, some people may experience temporary fatigue, light-headedness, mild headache, or changes in vision after multiple sessions. Serious complications are rare in mild HBOT but can occur in people with certain medical conditions, which is why you may need medical clearance.

Would I need to get a medical clearance from a GP or specialist to use the HBOT?

Medical clearance may be required if you have certain health conditions, take specific medications, have recently had surgery, or if there are any factors that may affect your safety during HBOT.

You may need clearance from your GP or specialist if you have, or have a history of:

- Lung conditions (such as COPD, asthma, pneumothorax, or other respiratory concerns)
- Heart conditions or uncontrolled high blood pressure
- Ear, sinus, or pressure-related problems
- Recent surgery or medical procedures
- Seizure disorders
- Significant medical conditions requiring ongoing specialist care
- Implanted medical devices or other health concerns that may require assessment

Can pregnant woman use HBOT?

No. If you are pregnant, trying to get pregnant, or think you may be pregnant, please let us know before booking a session.

How long is each session?

60 or 90 minutes.

What does the chamber feel like?

As the chamber pressurises, you may feel pressure on your eardrums similar to flying. About 90% of people adjust easily; the remaining 10% may feel discomfort in the ears or sinuses. Signal to staff if this happens - they will pause or slow pressurisation until you're comfortable.

Helpful techniques for equalising ears include:

- Swallowing, yawning, or sipping water whilst turning your head side to side when swallowing.
- Pinch your nose, close your mouth, and gently blow to direct air into the ears and sinuses.
- Combining swallowing, jaw movement, and gentle blowing against a pinched nose.
- If you have a history of ear trouble when flying, consider a nasal decongestant before your first few sessions (ask staff for guidance, especially for children).

Please inform staff every time you enter the chamber if:

- There have been any changes in your health, medical condition, or medications
- You are experiencing ear infection, significant sinus congestion, fever, chest infection, COVID-19, influenza or significant respiratory illness.
 - You have unexplained tooth or jaw pain, a dental infection or abscess, an untreated cavity, a cracked tooth, a loose or temporary filling/crown, unfinished root-canal treatment, or have you had a tooth extraction, dental implant or other oral surgery within the past four weeks
- There is a possibility you may be pregnant.
- You have skipped a meal prior to treatment.
- You are diabetic and did not take your insulin prior to treatment.

Also tell staff immediately if the pressure feels too great for your ears. Do not let it become painful. Staff can slow or stop pressurisation until you're comfortable.

What if I need to get out early?

If you need to end your session early, simply signal to a staff member. They will safely begin the depressurisation process and assist you out of the chamber as soon as it is safe to do so. Your comfort and safety are our priority.

How many HBOT sessions do I need?

The number of sessions needed varies depending on your individual goals, medical history and reason for using HBOT. Responses differ from person to person, and some benefits may require a consistent course of sessions over time.

Some early benefits may include:

- Improved feelings of energy and wellbeing

- Enhanced relaxation and improved sleep quality
- Reduced feelings of fatigue
- Improved recovery after exercise
- Support for muscle recovery and soreness
- A greater sense of mental clarity and focus

However, most clinical research investigating HBOT uses structured treatment programs involving repeated sessions over several weeks, with many studies using protocols of approximately 30–40 sessions. These longer programs allow researchers to evaluate the cumulative effects of repeated oxygen exposure rather than the effects of a single session.

For example, studies investigating HBOT for conditions such as post-concussion symptoms have commonly used protocols of 40 sessions delivered over several weeks.

For more information on research conducted into conditions commonly explored with HBOT, please see the studies linked below:

HBOT For Fibromyalgia:

<https://bmjopen.bmj.com/content/13/1/e062322.abstract>

HBOT For chronic Musculoskeletal pain:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC12736084/>

HBOT For Athletic performance & recovery:

<https://www.frontiersin.org/journals/physiology/articles/10.3389/fphys.2021.791872/full>

HBOT for Post concussion syndrome:

<https://link.springer.com/article/10.1007/s10072-015-2460-2>

HBOT for sleep disorders:

<https://link.springer.com/article/10.1007/s41030-025-00335-w>

HBOT for wound healing:

<https://www.sciencedirect.com/science/article/pii/S1015958421004644>

Will one session make a difference?

It is very unlikely that one session alone will provide the full benefits that can develop with a consistent course of treatment. This is also supported in most research on HBOT investigating treatment programs over multiple sessions. Your clinician can recommend a treatment plan based on your individual goals and needs.

OUR CHAMBERS

INFINITY



ECLIPSE



☐ Recliner

☐ Air Conditioner

☐ No electronic devices - mobile phones smart watches, headphones or tablets, etc

☐ Drink bottles

☐ No metal - jewellery, belts, etc

Open wounds must be covered

Up to 2 atmospheres (equivalent of 10m dive)

☐ Swag-style lay down

☐ Oxygen mask

☐ Can have electronic devices

Open wounds must be covered

Up to 1.5 atmospheres (equivalent of 5m dive)