Allina Health
PENNY GEORGE INSTITUTE FOR HEALTH AND HEALING

Biofeedback Therapy

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Biofeedback therapy teaches you how to control your body using your mind. You learn to relax muscles, breathe correctly, and calm nerves and other stressed body systems.

Biofeedback helps you gain control over your body's responses to stress, injury, pain and illness.

A trained therapist will help you develop skills of mind and body relaxation. You can use these skills in your everyday routine.

What Biofeedback Can Help

Biofeedback can help:

- muscle pain
- jaw disorders
- face, neck, shoulder, arm and leg pain
- spine and low back pain
- headaches
- anxiety
- sleep problems
- repetitive stress injuries (like wrist pain from typing)
- nerve pain
- high blood pressure
- fast heartbeat.

Therapy Goals

The therapist will help you gain control of your symptoms in the following ways:

- increase behaviors for your well-being
- improve your physical abilities
- increase awareness of your symptoms
- develop awareness and control of your thoughts, emotions and actions in response to your symptoms.

Awareness and Control

Using computers that give visual and audio feedback, you will learn skills to help your body's ability to control pain and to heal.

You will gain control of muscle tension, skin temperature and other mind-body responses.

The therapist can also help you adjust to physical issues and mental disorders.

Therapy

Biofeedback therapy usually involves five, 1-hour sessions that meet once a week for 2 weeks. Sessions continue every 2 weeks for the remainder of the sessions.

Therapy includes:

- your health history
- biofeedback training
- relaxation training

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- posture and movement training
- pain control
- stress reduction
- recorded training programs for home practice.

For More Information

For more information, talk with your nurse or doctor.

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