

Biofeedback

What is Biofeedback?

Your body reacts to stress, anxiety, pain and tension in many ways. Your neck, shoulder, jaw and head muscles tighten. Your blood vessels narrow. Your heart beats faster. You sweat more. Long periods of stress can lead to diseases.

Biofeedback helps you learn how to manage your body's responses to stress or disease. It gives you an active role in improving your health by using signals from your body.

Special equipment collects and displays information about moment-to-moment body changes. This information helps you learn to make changes that improve your health, level of comfort or both.

What Body Signals are Monitored?

Sensors are taped (like a bandage) to your skin to measure your:

- muscle activity
- skin temperature
- sweat activity
- heart rate
- breathing patterns.

This information is processed in a computer system which "feeds back" the information to you using different visual displays and sounds. You can watch and hear how your body is responding to stress, anxiety, pain and tension.

Your Appointment

Date: _____

Time: _____ a.m. / p.m.

With: _____

To cancel, please call at least 24 hours before your appointment.

What Illness Can Be Treated?

Biofeedback can help you gain control over many illnesses. It has been helpful for:

- headaches
- heart disease
- insomnia
- asthma
- high blood pressure
- irritable bowel syndrome
- chronic (long-lasting) pain
- TMJ
- anxiety disorders
- Raynaud's disease.

How Many Treatments are Needed?

A specially trained biofeedback therapist will work with you. A typical program includes 1 session per week for 4 to 6 weeks, with 1 or 2 follow-up sessions.

At each 1-hour session you will learn and practice breathing, relaxation and stress management techniques you can use at home or work.

Will it Work for You?

Biofeedback has helped patients of all ages. It is safe, drug-free and it can help enhance other medicines or therapies.

How Do You Get Started?

Your health care provider will determine if biofeedback is right for you. Before you make an appointment, you will need an order from your health care provider.

Whom to Call With Questions

Talk with your health care provider if you have questions.