

BIOFEEDBACK

NRS

NEUROPSYCHOLOGY
REHABILITATION
SERVICES

*Rehabilitation for Cognitive,
Emotional and Behavioral
Brain Function*

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Overview of the Biofeedback Program at NRS/Lifespan

What is biofeedback?

Biofeedback is a treatment technique that allows a person to understand how the body interprets and reacts to stress and pain. Computer displays are used to show moment-by-moment, real-time changes in physiological reactions to stress. These instruments give you feedback about your body just as a scale gives you information about your weight. Biofeedback has been shown to help many conditions including, but not limited to: acute and chronic pain, anxiety-related conditions, headaches, digestive symptom disorders, and high blood pressure.

Goals of biofeedback

The techniques utilized in our biofeedback program are designed to help a patient regain control and promote a more relaxed and healthier set of options for dealing with stress, anxiety, and pain.

Patients are taught strategies to regulate muscle tension, heart rate, blood pressure, and perspiration to produce feelings of relief from stress, anxiety, pain, and other health conditions.

In addition to symptom relief, strategies can also target improved symptom *tolerance* to help patients cope with uncomfortable feelings, sensations, etc. that accompany many chronic physical illnesses.

Roles of the patient

Biofeedback empowers the patient to be responsible for his/her own health and treatment plan and consider what factors are contributing to stress, anxiety, and/or pain.

Patients are encouraged to practice the strategies during sessions, ask questions, and provide feedback so that we can customize your experience and maximize your success.

Biofeedback is most effective when patients dedicate time and effort to daily practice. With repetition, the brain and body will respond more quickly and more efficiently, leading to symptom relief and improved quality-of-life.

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