

# Biofeedback

## **What is biofeedback?**

Biofeedback is a non-pharmaceutical method of treatment in which patients are trained to control their own physiology in order to improve physical and psychological health.

Example- a patient who is trained to control his/her temperature can help manage the symptoms of headaches as well as enhance general relaxation.

## **What are the benefits of biofeedback?**

Reduced stress and anxiety

Increased attention and focus

Reduced muscle tension

Clearer thinking

## **What is biofeedback used to treat?**

Hypertension

Migraine and tension headaches

Chronic Pain

ADHD

Epilepsy

Anxiety

Children's stomach pain

Temporomandibular joint disorders (TMD)

Click on the article titles below to read more about biofeedback.

[Important Aspects of Biofeedback](#)

[Common Modalities Used in Biofeedback](#)

[Biofeedback for Anxiety](#)

[Biofeedback for Chronic Pain](#)

[Biofeedback for Epilepsy](#)

[Biofeedback for Functional Abdominal Pain](#)

[Biofeedback for Hypertension](#)

[Helping Migraines & Tension Headaches with Biofeedback](#)

[Helping TMD/TMJ \(Joint Disorders\) with Biofeedback](#)

[Implications of Incorporating Biofeedback into Healthcare](#)

[Biofeedback References](#)

This video shows a Biofeedback Demonstration produced by The Brain Clinic in New York City.

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