

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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