

# BIOFEEDBACK THERAPY & CHRONIC PAIN

## Using the Mind to Improve Health

### Low Back Pain is an Orthopedic Condition That Affects One out of Ten People

Researchers aren't exactly sure how or why Biofeedback works. They do, however, know that Biofeedback Therapy promotes relaxation, which can relieve a number of conditions, including orthopedic disorders.

#### 01 | What It is

Biofeedback is a tool that helps sufferers alleviate their own pain. By means of devices sensitive to very small changes in bodily conditions, it allows the user to monitor and fine-tune the connections between emotions and health. It can teach patients to release muscle tension and improve circulation, two steps that can significantly ease many types of pain.

#### 02 | Orthopedic Indications

Biofeedback Therapy has benefits for many health problems, both physical and mental. This therapy has been proven to be an effective tool for these conditions and has been approved by the National Institutes of Health as a complementary treatment for the following Orthopedic indications and related symptoms:

- Rheumatoid & Osteoarthritis Pain
- Tension and Migraine Headaches
- Physical Rehabilitation
- Chronic Pain and Insomnia
- Stress Management

#### 03 | How It Works

Chances are you've already used this technique in your day-to-day life. Have you ever counted to 10 to calm down in a stressful situation? This is Biofeedback Therapy! Taking your temperature with a thermometer or weighing yourself on a scale are also forms of biofeedback as these devices feed information back to you about your body's condition.

During your session, sensors are attached to the skin. These sensors measure body temperature as well as muscle tension. The medical staff will then work to help the patient relax, which in turn will cause changes in body temperature and muscle tension. These variations are indicated on the machines attached to the sensors and will register these fluctuations by sound or flashes (indicators), training the patient to pay attention to the connection between brain and body, and gradually developing the ability to discern the brain/body connections on their own so the patient can use the method whenever they are experiencing pain or discomfort – without the help of the sensors and indicators.

#### 04 | Next Steps

As with any therapy or treatment, work directly with your medical provider and/or Orthopedic Specialist to establish next steps and treatment options.

For more information visit:

<http://www.webmd.com/a-to-z-guides/biofeedback-therapy-uses-benefits>

### ***Did You Know?***

*Back pain is the #1 cause of disability under age 45*

#### References

<http://orthoinfo.aaos.org/topic.cfm?topic=A00201>

<http://psychotherapy.com/bio.html>