

WHAT IS BIOFEEDBACK?



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Biofeedback is a therapy that gives us information about the patient's body. Just like when you step on a scale or take your temperature—you receive feedback. It does not hurt; it helps the patient feel better. Biofeedback can measure things we can't see, like the muscles, heart rate and breathing.

It is common for people who feel pain to hold their breath, breathe very fast and tighten their muscles. This can all make pain worse. Biofeedback measures how tight muscles are and how fast the patient breathes. A psychophysiologist uses this information to teach the patient how to change these reactions in order to feel better.

During your family's first visit, the therapist will:

- Listen to your family's concerns.
- Explain how biofeedback can help.
- Show you how biofeedback works.
- Make a plan for treatment.

How biofeedback works

- Little pads are placed on the skin over the muscles
- 2. A computer shows us what the body is doing.
- 3. When the muscles tighten, we can see the change on the computer screen.
- The patient may hear sounds when the muscles get tense or tighten up; the sound stops when the patient relaxes.
- As the patient grows more skilled at relaxing the muscles, the patient can even play a game on the computer. The patient's ability to relax controls the game on the computer.
- With the computer games, the patient learns how to relax and stay focused during difficult times.



At each biofeedback visit, the neurologist will:

- Check on the patient's progress.
- Answer any questions your family may have.
- Ask how the patient's medicines are working and, if necessary, make changes.

Additional services include:

- Cognitive behavioral therapy to help patients understand the relationship between their thoughts, feelings and behaviors.
- Relaxation therapy for mastering techniques to relieve stress and anxiety.
- Clinical hypnosis to teach comfort and selfcontrol over their bodies.
- Habit reversal training to reduce troublesome behaviors.



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Jane and John Justin Neurosciences Center

1500 Cooper St.

Fort Worth, TX 76104

682-885-2500 phone cookchildrens.org/neuro