

Biofeedback and Relaxation

In biofeedback and relaxation training, patients use a variety of monitoring devices to observe their own muscular tension, surface temperature, heart rate, and other physiological functions. Increased awareness of this information allows individuals to improve their ability to evoke a relaxation response, and in turn reduce the negative effects of chronic pain and muscular tension. Functional biofeedback training allows patients to generalize their relaxation skills to daily and work-related activities. By combining biofeedback monitoring with simulation of daily activities, individuals can alter their posture, pacing, and muscular tension to improve their overall functioning and productivity. Our board certified biofeedback therapists offer a range of treatment modalities to trial a variety of effective methods and strategies.