

# Biofeedback with Springfield Clinic Interventional Spine Care

## What is biofeedback?

Biofeedback therapy is a non-drug treatment in which you learn to control bodily processes that are normally involuntary, such as muscle tension, blood pressure and heart rate. Control over these processes offers you the opportunity to control your body's response to chronic pain.

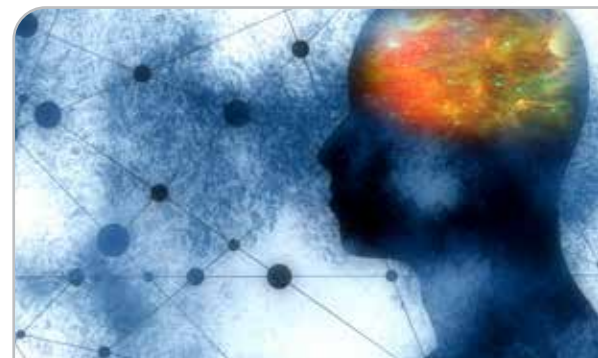
## Why try biofeedback?

Having pain often makes our lives stressful. This additional stress can increase your perception of pain. Biofeedback can stop this cycle by helping you recognize and control your physical, mental and emotional responses to stress-induced pain.

## How does biofeedback work?

During a biofeedback session, you will be connected to sensors that will monitor certain bodily functions. These precise instruments measure heart function, breathing, muscle activity and skin temperature. As the sensors monitor your bodily functions, they rapidly and accurately feed back information to you. This means you'll be able to see in real time how your body is reacting to stressors. With this information about your physical responses to pain or stress, you can begin to use your mind to make changes in your body. Over time, you may find that you can control your body's reactions without the instruments, thereby giving you the ability to use your thoughts to control your body in any situation.

Using biofeedback therapy to help manage your reactions to pain can increase your functionality and improve your quality of life.



## What can biofeedback treat?

- Chronic pain
- Anxiety
- Arthritis/joint pain
- Back pain
- Neck pain
- Migraines/headaches
- Muscular pain
- TMJ disorder
- Sleeping problems
- Fibromyalgia

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