

How does Biofeedback Help Chronic Pain?

Health care providers, including Physical Therapists with specialized training, can perform biofeedback evaluation and treatment for any muscles that may be contributing to or referring pain. Chronic muscle tension often is contributing to the pain/spasm cycle with chronic pain. Anyone interested in learning how to relax tense muscles, strengthen weak ones, or to control and coordinate use of muscles may benefit from biofeedback. Relaxation exercises may be taught in conjunction with biofeedback.