

### **What is EMG Biofeedback?**

Biofeedback, also called Surface Electromyography (SEMG), is a learning technique that utilizes specialized equipment to assist you in gaining control of your natural body functions. It involves the monitoring of a life process (bio) and the return of that information to the patient and therapist in a meaningful form (feedback).

Biofeedback training uses sensitive equipment that enables you to see or hear how your muscles are responding to your instructions. Becoming aware of these responses is the first step in learning to control them. By combining this information with special exercises, you can learn to relax tense muscles or strengthen weak muscles.