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Biofeedback

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One of the most common forms of feedback utilized in the spine rehabilitative setting is electromyographic (EMG) biofeedback. It can be used to help re-educate muscles, to relax muscles, to reduce guarding muscle spasms, and in an attempt to manage or control pain. EMG biofeedback is a therapeutic approach that uses special recording sensors in instruments to accurately measure electrical or electronic signals to provide information to the patient about the muscle activities using auditory or visual signals. One of the biggest advantages of the EMG biofeedback is that provides the user with an opportunity to make small or large corrections in the state of muscle contraction that is immediately noted. A variety of sensitivity levels can be used to improve the use of the EMG approach.