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Biofeedback

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Biofeedback is used to help control the mind-body connection. Muscle biofeedback may be performed by placing electrodes on the skin overlying the large muscles of the spine. The electrodes are connected to a recording device which displays the amount of electrical activity generated by underlying muscles on a numerical and/or an LCD display. The recording of electrical activity in the muscles reflects the amount of nerve and muscle activity as well as the intensity and the duration of muscular contraction. Use of biofeedback can help an individual learn to gauge their body's response to various positions and also help them learn how to relax muscles which helps to reduce painful muscular tension patterns.