

BIOFEEDBACK

To provide you with healthcare that addresses your individual needs, the Thayer Group, P.C., now offers biofeedback therapy. Kate Harding, a nurse practitioner with whom David Thayer has been associated with for more than twenty years, is also a certified biofeedback therapist.

Biofeedback is a science-based treatment that helps you address and deal with underlying physiologies that are creating symptoms. With the help of feedback, you can learn techniques to decrease or eliminate the body's reactions which are causing symptoms.

Biofeedback is a great option for treatment of headaches, chronic pain, insomnia, anxiety, panic disorders, and urinary incontinence. In today's world, we frequently feel "stressed out" and overwhelmed. This is another reason to see Kate. Biofeedback can be very helpful in managing stress and worry.

What is Biofeedback?

Biofeedback is a way of looking at how the body works. It provides information about aspects of our physiology. By using highly sensitive instruments we are able to observe physiologies that work well within our bodies and those that are unhealthy and produce symptoms.

Once we understand and observe these unhealthy functions, we can use biofeedback information to change and correct them. The ability to change and correct unhealthy physiologies is referred to as self regulation.

The general goal for all biofeedback training is to learn self regulation for good health and well being and improved body-mind function.

Biofeedback is a means to clearly see and understand the mind-body connection. Biofeedback instruments clearly demonstrate that we are integrated beings. With the use of biofeedback instruments, we can see what affects the mind, affects the body, and visa-versa.

What to Expect with Biofeedback Training:

The length of biofeedback training depends on your specific problem and the severity of symptoms. For many problems a course of 8 to 12 sessions is appropriate. Some long term or more complex symptoms may require 20 or more sessions. Incontinence training may only take 3 to 6 sessions. Check with Kate for a better idea of time commitments.

Insurance companies may or may not cover the cost of biofeedback training. We are billing insurance for this care and have found that most companies will cover this service. The office codes for biofeedback are: 96150 and 96152. Of course you would be responsible for any co-pay to our office, denial of payment by insurance and/or

deductibles that have not been met. If you have specific questions about your insurance coverage, contact your insurance company directly.

Biofeedback training requires a certain level of motivation from you. Kate will be your coach and teacher. Your participation and practice of what you learn is core to successful biofeedback training. Biofeedback is an empowering (and fun) method of treatment

What are Biofeedback Instruments?

Biofeedback instruments are very sensitive and safe electronic devices that measure aspects of body function (physiology).

Although the term biofeedback has been used since the 1960's, the instruments of biofeedback have been with us much longer.

1. Muscle Feedback- The electromyography or EMG measures electrical energy that is given off of muscles. Sensors are placed over any muscles in the body. That information is displayed in a number of ways, most typically on a computer monitor. The EMG gives us information indirectly on muscle tension and muscle relaxation. It is used when muscles need to be relaxed, when the nervous system needs to relax or when certain muscles need to be strengthened. EMG is also used to reeducate muscles during rehabilitation treatments. It is used to help with problems such as muscle tension pain and headaches, TMJ disorders, strengthening pelvic floor muscles in the treatment of incontinence, general relaxation in cases of anxiety and panic.
2. Thermal Feedback- Thermal biofeedback instruments indirectly measure how open or closed blood vessels are by looking at blood flow to the skin. We do this by looking at skin temperature, and most frequently temperature of the hands. The blood vessels in the hands are very sensitive to stress. When we feel anxious or stressed many of us experience cold hands, a result of blood vessels constricting. With thermal feedback we can learn how to open (dilate) blood vessels and relax by warming our hands. Thermal feedback is used for general relaxation, vascular disorders such as migraines, Raynaud's Disease, high blood pressure, and vascular complications of diabetes.
3. Electrodermal feedback- Electrodermal feedback measures skin conductivity in the hands. With stress and anxiety some of us experience sweaty palms. This type of feedback is the measure for that change within the body. It is used most frequently with stress related disorders, anxiety and panic attacks.
4. Brainwave or EEG Feedback- The electroencephalograph or EEG monitors brainwave activity. Sensors are placed on the head. Through this type of biofeedback the person is taught how to move from one brainwave state to another. EEG feedback is used for certain types of learning disabilities, hyperactivity, brain injuries, and addictive disorders.

5. Breathing Feedback- There are several different devices that are used to look at breathing. Looking and learning breathing techniques has uses in just about all biofeedback training. Proper breathing is fundamental to most self regulatory activities.

Some Common Problems that can be treated with Biofeedback:

Muscle tension headaches
Anxiety
Panic Disorders
Raynaud's Disease
Chronic pain
Repetitive strain injuries

Insomnia
Fibromyalgia
Migraine headaches
TMJ disorders
Diabetes
Urinary incontinence

For more about biofeedback, please contact Kate:

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